

PREMIUM  
QUALITY  
GRAIN-FED  
CANADIAN BEEF



cdnbeefperforms.ca

CANADIAN BEEF

# MENU PLANNER



## BEEF BOWLS

Beef bowl entrées are a popular choice among meat lovers and food enthusiasts. These hearty and satisfying dishes showcase the variety and versatility of Canadian beef. Each cut and grind adds its unique flavour and texture to the dish.

POWERED BY





Click/tap on the photo for the complete recipe.



### Savoury Beef and Oatmeal Breakfast Bowl

Ground Beef (Medium) \$

Alternative Cuts: Ground Beef (Lean) \$, Source Grind (Chuck) \$, Source Grind (Round) \$

Serves 16 | ¾ cup (175 mL) oatmeal with 4 oz (125 g) beef and assorted toppings

Ground Beef provides essential protein and iron, while oats are nutrient-dense, fiber-rich and have a nutty flavour that pairs perfectly with herbaceous fresh thyme and earthy spinach. This protein-packed dish can also be customized with eggs, or alternative cheeses to meet dietary needs and preferences. Ideal for high-volume service, this dish can be prepped in advance and held for quick service assembly.



### Spicy Beef and Peanut Gochujang Noodle Bowl

Outside Round Flat (Philly-Style Steak Slices) \$

Alternative Cuts: Inside Round (Philly Style Steak Slices) \$, Loin Tail (Philly Style Steak Slices) \$, Top Sirloin (Philly Style Steak Slices) \$

Serves 16 | 4 oz (125 g) beef and 1½ cups (375 mL) noodles with ¾ cup (175 mL) vegetables and assorted toppings

Thinly sliced, economical cuts of beef are quickly cooked and tossed in a housemade spicy Gochujang sauce, enriched with peanut butter, miso, and lime for a balanced sweet heat. Paired with rice noodles and topped with kimchi, peanuts, and fresh herbs, this offers a customizable, high-impact menu option with broad appeal.



### Jerk-Spiced Beef Power Bowl

Ground Beef (Medium) \$

Alternative Cuts: Ground Beef (Lean) \$, Ground Beef (Extra Lean) \$, Source Grind (Chuck) \$, Source Grind (Round) \$

Serves 16 | 5 oz (150 g) beef with ¾ cup (175 mL) rice, ¾ cup (175 mL) slaw, 2 tbsp (30 mL) dressing and assorted toppings

A bright and vibrant Caribbean-inspired beef bowl brimming with bold flavours is sure to become a menu favourite. Rich and juicy Ground Beef is cooked with jerk seasoning for the ultimate protein topping to serve over rice and peas. Garnished with a creamy coconut coleslaw, sweet and spicy pineapple salsa and roasted sweet potatoes, then finished with plantain chips for a satisfying crunch diners love.



### Filipino-Style BBQ Beef Bowl

Petite Tender \$

Alternative Cuts: Top Sirloin \$, Top Sirloin Cap \$, Bottom Sirloin Flap Meat \$

Serves 16 | 2 x 3 oz (90 g) beef skewers with 1 cup (250 mL) rice, and ¾ cup (175 mL) tomato

This Filipino-inspired beef bowl delivers bold, savoury-sweet flavours with marinated Petite Tender Skewers that are grilled to perfection. Although the beef cut is naturally tender and great for quick-cooking, a lemon-lime soda marinade creates an even juicier, more tender bite. Basted in sweet and tangy sauce made with banana ketchup and served with smoky grilled eggplant and a refreshing tomato-cucumber salad, this dish offers a balanced combination of textures and globally-inspired flavours that's approachable for diners looking to try new cuisines.



\$ = lower cost | \$ = moderate cost | \$ = higher cost



Click/tap on the photo for the complete recipe.



### Curried Beef Samosa Rice Bowl

**Ground Beef (Medium)** \$

*Alternative Cuts: Ground Beef (Medium)* \$, *Ground Beef (Lean)* \$, *Source Grind (Chuck)* \$, *Source Grind (Round)* \$

Serves 16 | 4 oz (125 g) beef, ¾ cup (175 mL) rice, 2 tbsp (30 mL) EACH peas and Cilantro Yogurt Sauce, and assorted toppings

This vibrant rice bowl brings the bold flavours of a classic beef samosa filling into a modern, versatile dish. Economical Ground Beef absorbs aromatic spices quickly, saving time in the kitchen. Aligned with current food trends such as global-inspired bowls and customizable spice levels, this dish offers endless possibilities. With hearty chickpeas, cauliflower, and a creamy cilantro yogurt sauce, the beef filling can also be used in wraps, on naan, or with fries for a poutine inspired twist.



### Beef and Lentil Moroccan-Inspired Grain Bowl

**Ground Beef (Medium)** \$

*Ground Beef (Lean)* \$, *Source Grind (Round)* \$, *Source Grind (Chuck)* \$

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) grain blend and assorted toppings

Rice and lentils simmer with cinnamon, cumin and saffron to create a warm and colourful base for this grain bowl. Topped with a sweet and spicy Ground Beef mixture accented with dried apricots, green olives and harissa paste. Finish it off with a fresh and simple tomato salad, creamy yogurt and crunchy toasted almonds for a satisfying and wholesome entrée perfect for lunch and dinner menus.



### Mediterranean Meatball Bowl with Orzo

**Cooked All-Beef Meatballs** \$

*Alternative Cuts: Ground Beef (Medium)* \$, *Ground Beef (Lean)* \$, *Source Grind (Chuck)* \$, *Source Grind (Round)* \$

Serves 16 | 4 oz (125 g) meatballs with ¾ cup (175 mL) tomato salad, 1 cup (250 mL) orzo and 2 tbsp (30 mL) tzatziki

Inspired by traditional Greek Keftedes, this dish balances convenience with authentic flavour. Using prepared All-Beef Meatballs streamlines prep while ensuring consistency and quality. A bright lemon-oregano vinaigrette keeps the meatballs juicy, pairing perfectly with a fresh tomato-cucumber salad, warm orzo, and creamy tzatziki. Ideal for a variety of service styles, this dish can be plated as a bowl, served in a wrap, or offered as a shareable appetizer option.



### Pepper Pot Beef Rice Bowl

**Chuck Roll** \$

*Alternative Cuts: Shoulder Clod Short Cut* \$, *Chuck Flap Tail* \$, *Brisket* \$

Serves 16 | ¾ cup (175 mL) beef with ¾ cup (175 mL) rice, ½ cup (125 mL) roasted vegetables and assorted toppings

A modern take on the classic Guyanese, West African, and Caribbean pepper pot stew, this recipe features tender slow-braised Chuck Roll in a rich, spiced sauce with cassareep, a traditional cassava-based seasoning, and aromatic spices balanced by citrus. Served over basmati rice with roasted vegetables, fresh pineapple-mango salsa, and tangy tamarind-lime crema, it offers a satisfying mix of heat, sweetness, and texture. With adjustable spice levels and scalable prep, it's perfect for high-volume food service.



\$ = lower cost | \$ = moderate cost | \$ = higher cost



Click/tap on the photo for the complete recipe.



### Sichuan Beef

#### Flank Steak (\$)

*Alternative Cuts:* Brisket (\$), Outside Round Flat (\$), Loin Tail (\$)

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Thin slices of beefy Flank Steak are marinated and dusted with cornstarch to maximize tenderness and give them their signature silky texture. Stir-fried with sweet onions and peppers, then tossed in a tangy sauce accented with fragrant ground Sichuan peppercorns and Chinese five spice, make this a dish bursting with sweet, spicy, sour and salty flavours.



### Beef and Broccoli

#### Flank Steak (\$)

*Alternative Cuts:* Brisket (\$), Loin Tail (\$), Outside Round Flat (\$)

Serves 16 | 1½ cups (375 ml) stir-fry with 4 oz (125 g) beef

This take-out classic combines tender Flank Steak and vibrant broccoli florets for an economical dish that's deeply satisfying. It's all tossed in a rich and flavourful stir-fry sauce, that can also be used as a dip for spring rolls, as a marinade or with any other stir-fried beef and vegetable combination.



### Beef Dan Dan Noodles

#### Ground Beef (Medium) (\$)

*Alternative Cuts:* Ground Beef (Lean) (\$), Ground Beef (Extra Lean) (\$), Source Grind (Chuck) (\$), Source Grind (Round) (\$)

Serves 16 | 4 oz (125 g) EACH beef and noodles with assorted garnishes

Originating as street food in Sichuan, Dan Dan noodles are a delicious, hearty and classic comfort food that is rich and creamy with a hit of heat. To achieve delectable crispy edges on the beef and a rich, caramelized sauce, cook the Ground Beef on high heat and avoid stirring too much as it cooks.



### Chipotle Beef Bowl

#### Ground Beef (Medium) (\$)

*Alternative Cuts:* Ground Beef (Lean) (\$), Ground Beef (Extra Lean) (\$), Source Grind (Chuck) (\$)

Serves 16 | 4 oz (125 g) beef with 1½ cups (375 mL) rice and toppings

Loaded beef bowls are an approachable, customizable and versatile menu item, and a great way to highlight a signature protein. Using Ground Beef here means it cooks quickly, and reheats perfectly. The toppings are easily adaptable for seasonal ingredients and emerging flavour trends. The beef can also be used in a burrito, taco or on nacho platters.



\$ = lower cost | \$ = moderate cost | \$ = higher cost



Click/tap on the photo for the complete recipe.



### Thai Basil Beef

#### Ground Beef (Medium) \$

Alternative Cuts: Ground Beef (Lean) \$, Ground Beef (Extra Lean) \$, Source Grind (Chuck) \$

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Fragrant and aromatic Thai flavours are combined to create a high-impact dish that comes together in just minutes during service. Minimal prep, quick-cooking Medium Ground Beef, and a colourful presentation make this trendy bowl a great lunch or dinner menu option.



### Steak and Farro Nourish Bowl

#### Top Sirloin Steak \$

Alternative Cuts: Flank Steak \$, Skirt Steak \$, Hanger Steak \$

Serves 16 | 5 oz (150 g) steak with 1½ cups (375 mL) salad, 3 tbsp (45 mL) dressing and assorted toppings

Juicy and tender Top Sirloin Steak is a lean yet satisfying protein choice for this hearty nourish bowl. The rich, beefy flavour complements the robust and earthy farro salad (delicious served warm or cold) featuring beets, kale and sweet potato. Finished with a rich and tangy lemon-tahini dressing, this bowl is a satisfying and nutritious entrée that's great for lunch and dinner menus.



### Snow Pea Beef

#### Flank Steak \$

Alternative Cuts: Outside Round Flat \$, Brisket \$, Loin Tail \$

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Thinly sliced Flank Steak is ideal for stir-fries because it adds an intense beefy flavour that can stand up to aromatic, spicy sauces. Here, sweet snow peas add a crisp texture to the saucy dish and create a bright and colourful presentation.



### Sizzling Beef with Mixed Vegetables

#### Flank Steak \$

Alternative Cuts: Outside Round Flat \$, Brisket \$, Loin Tail \$

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Flavourful Flank Steak is marinated and then quickly stir-fried with a colourful selection of vegetables in a rich, sweet-salty sauce. Keep the dish fresh by highlighting unique combinations of seasonal vegetables. Take the presentation to the next level and serve on a cast iron plate to showcase the "sizzling" nature of this dish.



\$ = lower cost | \$ = moderate cost | \$ = higher cost



Click/tap on the photo for the complete recipe.



### Mongolian Beef

#### Round Stir-Fry Strips \$

*Alternative Cuts: Outside Round Flat \$, Brisket \$, Loin Tail \$*

Serves 16 | 2 cups (500 mL) stir-fry with 4 oz (125 g) beef

Developed in Taiwan, and inspired by flavours of Mongolian barbecue, this dish is sweet and savoury and, depending on how many red chilis are added, can range from mildly spicy to fiery. Using beef Stir-Fry Strips reduces the amount of prep time and creates an opportunity to use quality trim pieces from other menu items.



### Vietnamese Lemongrass Beef

#### Top Sirloin \$

*Alternative Cuts: Flank Steak \$, Bottom Sirloin Tri-Tip \$, Petite Tender \$*

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) EACH noodles and vegetables

Thinly-sliced Top Sirloin is tender, juicy and perfect for absorbing bold flavours. In this dish, savoury beef is accented with classic Vietnamese ingredients: garlic, ginger, chilis, lemongrass and fish sauce for a robust yet fresh noodle bowl topped with crunchy vegetables.



### Garlic Beef

#### Flank Steak \$

*Alternative Cuts: Brisket \$, Outside Round Flat \$, Loin Tail \$*

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Packed with umami, this Chinese Hunan-style dish is sure to satisfy any diner's takeout cravings! Thinly sliced Flank Steak pieces are marinated then coated in cornstarch and stir-fried with peppers, shallots and a savoury garlicky sauce accented with white pepper. Serve this as an entrée with steamed rice or chow mein noodles topped with crispy fried garlic chips.



### Black Pepper Beef

#### Flank Steak

*Alternative Cuts: Brisket \$, Loin Tail \$, Outside Round Flat \$*

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Embrace comforting and classic dishes with this menu mainstay that is easy to prepare and delivers full flavour. Thin strips of Flank Steak are lightly coated in cornstarch to seal in those beefy juices and prevent the meat from becoming tough after cooking. The strips are then stir-fried and tossed with a warming peppery sauce and crisp sweet peppers and onions.





Click/tap on the photo for the complete recipe.



## General Tso Beef

### Flank Steak \$

*Alternative Cuts:* Brisket \$, Loin Tail \$, Outside Round Flat \$

Serves 16 | 4 oz (125 g) beef with ¾ cup (175 mL) rice and sautéed vegetables

General Tso's distinctive sweet and tangy flavours make it a crowd-pleasing favourite. In this version, tender Flank Steak is battered, fried until crispy, and tossed in a rich, umami-packed sauce. Serve it as a satisfying rice bowl topped with crisp stir-fried green vegetables or enjoy it as a shareable appetizer or plated entrée.



## Green Goddess Steak & Rice Bowl

### Flank Steak \$

*Alternative Cuts:* Strip Loin Steak \$, Tenderloin Steak \$, Top Sirloin Medallion \$

Serves 16 | 5 oz (150 g) beef with 1 cup (250 mL) mixed grains, 3 tbsp (45 mL) dressing and assorted toppings

Bright and vibrant, this bowl is full of fresh flavours and wholesome ingredients. The lean strips of grilled steak are high-protein and offer a satisfying umami element to the dish, complemented by the bold marinade of miso paste, balsamic vinegar and soy sauce. It's all served with a healthy mix of greens, grains and a simple creamy pesto dressing.



## Chinese-Style Oxtail Stew

### Oxtail \$

*Alternative Cuts:* Brisket \$, Chuck Roll \$, Chuck Flap Tail \$, Beef Cubes \$

Serves 16 | 1½ cups (375 mL) stew with 4 oz (125 g) beef and 1 cup (250 mL) rice

A homestyle Chinese stew that is simple to prepare and warms the palette with flavours of star anise, cinnamon and ginger. Tender, rich pieces of Oxtail simmer with carrots and daikon in a sweet and sour gravy with a hint of spice. Serve over rice or noodles with a side of steamed vegetables for a hearty entrée.



## Hunan Beef

### Round Stir-Fry Strips \$

*Alternative Cuts:* Outside Round Flat \$, Brisket \$, Loin Tail \$

Serves 16 | 2 cups (500 mL) stir-fry with 4 oz (125 g) beef

Beef Stir-Fry Strips and seasonal vegetables are tossed in a rich sauce that brings sweet, savoury and umami notes to every bite. The classic beef dish is great for a kids' menu, while still satisfying those who love big Asian flavours. Serve over cooked rice or noodles as an entrée, or family-style on a sharing platter.





Click/tap on the photo for the complete recipe.



### Kung Pao Beef

#### Round Stir-Fry Strips Ⓢ

*Alternative Cuts:* Outside Round Flat Ⓢ, Brisket Ⓢ, Loin Tail Ⓢ

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Inspired by Sichuan-style Kung Pao chicken, this recipe is adapted to highlight rich and tender beef, enrobed in the popular spicy sauce. Sichuan peppercorns add unique citrus notes that don't assault the palate with spiciness. Instead, they add earthiness and a tingling sensation, similar to the mouth-feel of a carbonated beverage.



### Mixed Vegetable Beef

#### Round Stir-Fry Strips Ⓢ

*Alternative Cuts:* Outside Round Flat Ⓢ, Brisket Ⓢ, Loin Tail Ⓢ

Serves 16 | 2 cups (500 mL) stir-fry with 4 oz (125 g) beef

A rainbow of tender-crisp vegetables complements the rich and tender Beef Stir-Fry Strips in this classic Asian dish. Tossed in a mild yet flavourful sauce, each bite offers a different combination of flavours and textures, that can be adapted easily to suit a variety of beef cuts and seasonal vegetables.



### Panang Beef Curry

#### Chuck Flap Tail Ⓢ

*Alternative Cuts:* Top Sirloin Ⓢ, Strip Loin Ⓢ, Flank Steak Ⓢ

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) curry and ¾ cup (175 mL) rice

A beloved Thai classic, this Panang Beef Curry is a rich, and deeply fragrant dish to feature on a menu. Its thick and creamy coconut milk-based sauce is sweet, salty and a little bit tangy thanks to traditional kaffir leaves, which help break up the spiciness from the Thai red chillies. Tender pieces of beef make the whole dish deeply satisfying.



### Beef Bulgogi

#### Chuck Roll Ⓢ

*Alternative Cuts:* Top Sirloin Ⓢ, Rib Ⓢ, Outside Round Flat Ⓢ

Serves 16 | 5 oz (150 g) beef with ¾ cup (175 mL) rice, pickled slaw and kimchi

This popular Korean barbecue dish, that translates to “fire meat”, is flavourful, tender and very versatile. Traditionally, the beef fills lettuce cups or rice bowls, but it can also be used to create fusion dishes such as Korean tacos, Philly cheese steak sandwiches, grilled cheese, Korean pizza or bulgogi bolognese.



Ⓢ = lower cost | Ⓢ = moderate cost | Ⓢ = higher cost



Click/tap on the photo for the complete recipe.



## Hong Kong-Style Beef Curry

### Chuck Roll (\$)

*Alternative Cuts:* Brisket (\$), Short Cut Clod (\$), Outside Round Flat (\$), Beef Cubes (\$)

Serves 16 | 1½ cups (375 mL) stew with 5 oz (150 g) beef and 1 cup (250 mL) rice

Well-marbled and ideal for braised dishes, pieces of Chuck Roll simmer in a rich, aromatic curry infused with traditional Chinese spices, herbs and coconut milk. The tender beef melts effortlessly, releasing a deep, savoury flavour that's warm and comforting. Serve over rice or noodles with fresh cilantro and chilies.



## Super Foods Nourish Beef Bowl

### Top Sirloin Steak (\$)

*Alternative Cuts:* Strip Loin Steak (\$), Tenderloin Steak (\$), Top Sirloin Medallion (\$)

Serves 16 | 5 oz (150 g) beef with ¾ cup (175 mL) barley, 3 tbsp (45 mL) dressing and assorted toppings

Create some interest by building a bowl-style entrée with a less common grain, such as the barley used in this recipe. Adorned with fresh, vibrant veggies to make eating the rainbow easy and delicious. Top Sirloin Steak is marinated with a peppery spice blend and grilled for a lean and tender bite that's perfection on top of the barley base. Finished with a creamy yogurt-based dressing, fresh herbs and serious crunch from the housemade seed blend.



# Canadian Beef Virtual Tours

Learn More About the  
**Canadian Beef  
Advantage**



Cow Calf Operation



Environmental Practises



Feeding Operation



Beef Grading System



Beef Processing



Beef Carcass



## Canadian Beef Advantage (CBA)



Overview



CBA  
Videos



Why  
Canadian Beef



## Foodservice Resources



Menu Planners



Processor Directory



## Canada Beef Websites



Industry Website  
[cdnbeefperforms.ca](http://cdnbeefperforms.ca)



Canadian Beef  
Centre of Excellence



Consumer Website  
[canadabeef.ca](http://canadabeef.ca)



## Partner with Us



Foodservice  
Training



Domestic Market  
Development  
Programs



Independent  
Operator Order  
Centre



## Canadian Beef Information Gateway

### Wholesale Gateway for Foodservice Professionals



Enter the  
Wholesale  
Gateway



About the  
Wholesale  
Gateway

### Restaurant Gateway for Consumers



Enter the  
Restaurant  
Gateway



About the  
Restaurant  
Gateway



To view the Canadian Beef Information Gateway, Wholesale Edition for Foodservice, visit [fs.cdnbeef.ca](http://fs.cdnbeef.ca)