

## February 2016 TV Recipes—Hot Breakfast Month

### SAVORY BEEF BRUNCH WAFFLES

Total Recipe Time: 20 minutes

Makes 8 to 10 servings

- Basic Country Beef Breakfast Sausage (recipe follows)
- 2 cups all-purpose baking mix
- 1 large egg
- 1-1/3 cups reduced-fat or skim milk
- 2 tablespoon vegetable oil
- 1/2 cup shredded Cheddar cheese

**Toppings (optional):** Maple syrup, hot sauce, sour cream



1. Whisk together baking mix, egg, milk and vegetable oil in large bowl until smooth. Stir in cheese and beef crumbles.
2. Preheat waffle iron according to manufacturer's directions. Place 1/2 cup waffle batter in waffle iron for each waffle and cook for 4 to 6 minutes or until waffles are golden brown. Top with toppings, if desired.

**Country-Style Beef Breakfast Sausage:** Combine 1 pound Ground Beef (93% or leaner), 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt and 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles, stirring occasionally.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

**Cook's Tip:** Place leftover waffles in a single-layer in a food-safe plastic bag; close bag securely and store in refrigerator or freezer. To reheat refrigerated waffle, place waffle in a toaster and toast 4 to 6 minutes or until waffle is heated through. Frozen waffle can be reheated in a 350°F oven 15 minutes, or in a toaster 5 to 6 minutes.

*Nutrition information per serving (10 servings per recipe): 226 calories; 11 g fat (4 g saturated fat; 2 g monounsaturated fat); 55 mg cholesterol; 498 mg sodium; 18 g carbohydrate; 0 g fiber; 15 g protein; 1.6 mg niacin; 0.2 mg vitamin B6; 1.2 mcg vitamin B12; 2.0 mg iron; 10.7 mcg selenium; 2.8 mg zinc; 20.7 mg choline. This recipe is an excellent source of protein and vitamin B12 as well as a good source of vitamin B6, iron, selenium, and zinc.*

### EASY BEEF BREAKFAST ROLLS

Total Recipe Time: 40 to 45 minutes

Makes 12 servings

- Country-Style Beef Breakfast Sausage (recipe follows)
- 2 large eggs, scrambled
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon water

**Fillings (optional):** Chopped onions, salsa, chopped cooked vegetables 12 balls of frozen bread dough, thawed

1. Prepare Basic Country Beef Breakfast Sausage. Remove from skillet.
2. Preheat oven to 350°F. Lightly spray 12 muffin cups with nonstick cooking spray. Combine beef crumbles, scrambled eggs, cheese and water. Stir in optional filling ingredients, if desired. Roll out one dough ball at a time on unfloured surface to 4 to 5-inch diameter circle. Place approximately 1/4 cup of beef sausage filling into the center of the circle. Gather edges of dough and pinch together. With hands roll dough back into ball. Place seam-side down into a muffin cup.
3. Bake 24 to 27 minutes or until rolls are golden brown.



**Country-Style Beef Breakfast Sausage:** Combine 1 pound Ground Beef (93% or leaner), 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt and 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles, stirring occasionally.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

*Nutrition information per serving: 409 calories; 16 g fat (5 g saturated fat; 4 g monounsaturated fat); 138 mg cholesterol; 617 mg sodium; 35 g carbohydrate; 0 g fiber; 32 g protein; 6.2 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.2 mcg vitamin B<sub>12</sub>; 4.9 mg iron; 22.2 mcg selenium; 5.7 mg zinc; 119.2 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline.*

## EASY MEXICAN BEEF CORNBREAD MUFFINS

Total Recipe Time: 25 to 30 minutes

**Makes 8 servings.**

- Mexican-Style Beef Sausage (recipe follows)
- 1 package (8-1/2 ounces) cornbread muffin mix
- 1 large egg
- 1/3 cup low-fat or skim milk
- 1/2 cup shredded Mexican cheese blend



1. Prepare Mexican-Style Beef Sausage. Remove from pan.
2. Preheat oven to 350°F. Prepare muffin batter according to package directions with egg and milk. Fold beef crumbles into muffin batter.
3. Spray 24 mini-muffin cups with nonstick cooking spray.
4. Divide muffin batter evenly among 24 mini muffin cups, filling cup to top. Top batter evenly with cheese. Bake for 15 to 20 minutes or until muffins are cooked through and cheese is melted and golden brown.

**Mexican-Style Beef Sausage:** Combine 1 pound ground beef, 2 tablespoons red wine vinegar, 2 to 3 teaspoons chipotle chili powder, 1-1/2 teaspoons dried oregano leaves, 1-1/2 teaspoons smoked paprika, 1 teaspoon garlic powder, and 1/2 teaspoon salt in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2 inch crumbles and stirring occasionally.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

*Nutrition information per serving: 254 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 73 mg cholesterol; 490 mg sodium; 22 g carbohydrate; 2.2 g fiber; 18 g protein; 4.2 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 2.5 mg iron; 15.5 mcg selenium; 3.7 mg zinc; 23.6 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>12</sub>, selenium, and zinc as well as a good source of vitamin B<sub>6</sub> and iron.*

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# SAUCY BEEF WITH BAKED EGGS

Total Recipe Time: 35 to 45 minutes

Makes 6 servings.

- 1 pound Ground Beef (93% lean or leaner)
- 2 medium jalapeño peppers, finely chopped
- 2 tablespoons minced garlic
- 2 tablespoons smoked paprika
- 1 tablespoon ground cumin
- 2 cans (15 ounces) no salt added or regular tomato sauce
- 6 large eggs
- 6 slices Rustic-style bread, toasted
- Fresh cilantro leaves



1. Preheat oven to 400°F. Heat large ovenproof nonstick skillet over medium heat until hot. Add Ground Beef, jalapeño peppers, garlic, paprika and cumin; cook 8 to 10 minutes, breaking beef into small crumbles and stirring occasionally. Stir in tomato sauce; continue to cook 3 to 5 minutes or until sauce is slightly reduced, stirring frequently.
2. With back of spoon, make six indentations into sauce. Break one egg into each indentation. Place pan in oven and bake, uncovered, 16 to 17 minutes or until egg whites are completely set and yolks begin to thicken but are not hard.
3. Spoon beef mixture and eggs evenly over bread slices. Garnish with cilantro, as desired.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

*Nutrition information per serving, using 1 can regular tomato sauce and 1 can unsalted tomato sauce: 411 calories; 12 g fat (4 g saturated fat; 4 g monounsaturated fat); 236 mg cholesterol; 810 mg sodium; 44 g carbohydrate; 4.2 g fiber; 31 g protein; 10.2 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.0 mcg vitamin B<sub>12</sub>; 6.5 mg iron; 43.3 mcg selenium; 5.3 mg zinc; 215.8 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline; and a good source of fiber.*

# BEEF & EGG TAMALE SKILLET

Total Recipe Time: 25 to 30 minutes

Makes 4 servings

- 12 ounces cooked beef (such as roast, steak or pot roast), cut into bite-size pieces or shredded
- 1 tablespoon vegetable oil
- 1 medium red or green bell pepper, chopped
- 1 clove garlic, minced
- 4 large eggs, beaten
- 2 to 3 cups (2 ounces) baked or regular tortilla chips
- 1 cup thick and chunky salsa
- Salt and pepper
- 1/2 cup shredded Mexican cheese blend or Cheddar cheese (optional)

**Toppings:** Additional salsa, sour cream, lime wedges, chopped avocado, chopped tomato, fresh chopped cilantro (optional)



1. Heat oil in large nonstick skillet over medium heat until hot. Add bell pepper and garlic; cook 4 to 6 minutes or until bell pepper is crisp-tender, stirring occasionally.
2. Add eggs and tortilla chips. Cook 30 to 60 seconds or until eggs begin to set, stirring constantly. Stir in beef and salsa; cook 2 to 4 minutes or until beef is heated through. Season with salt and pepper, as desired.
3. Sprinkle with cheese, if desired; remove from heat. Let stand, uncovered, 1 minute. Serve with Toppings, as desired.

**Nutrition information per serving:** 352 calories; 16 g fat (4 g saturated fat; 6 g monounsaturated fat); 3 mg cholesterol; 584 mg sodium; 19 g carbohydrate; 1.6 g fiber; 34 g protein; 8.7 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.8 mcg vitamin B<sub>12</sub>; 2.7 mg iron; 43.6 mcg selenium; 5.2 mg zinc; 241.1 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of iron.

## BEEF AND VEGGIE FRITTATA

Total Recipe Time: 45 to 50 minutes

Makes 4 to 6 servings

- 1 pound Ground Beef (93% lean or leaner)
- 4 small red-skinned new potatoes (about 6 ounces), cut into 6 wedges each
- 1/2 cup water
- 1 cup thinly sliced yellow onion
- 1 small zucchini, cut lengthwise in half, then crosswise into 1/4-inch thick slices
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 6 large eggs
- 2 tablespoons chopped fresh basil
- 3 tablespoons shredded Italian cheese blend
- 1/2 cup chopped tomato



1. Heat oven to 350°F. Combine potatoes and water in 10-inch nonstick ovenproof skillet; bring to a boil. Reduce heat; cover and simmer 8 to 10 minutes or until potatoes are tender. Remove from skillet; keep warm. Pour off remaining water from skillet, if necessary.
2. Brown Ground Beef with onion in same skillet over medium heat 6 minutes, breaking beef up into 3/4-inch crumbles. Add zucchini. Cook 2 to 3 minutes or until zucchini is just tender. Pour off drippings. Return potatoes to skillet. Add 1/2 teaspoon salt and 1/4 teaspoon pepper; mix thoroughly.
3. Whisk eggs, basil and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in large bowl. Pour evenly over beef mixture. Sprinkle with cheese. Bake in 350°F oven about 18 to 20 minutes or until eggs are set.
4. Sprinkle frittata with tomato. Cut into 4 to 6 wedges.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

**Cook's Tip:** Frittata can be prepared using a 12-inch skillet. Decrease baking time to 7 to 9 minutes or until eggs are set. Frittata will be thinner.

**Nutrition information per serving, using 93% lean ground beef (1/4 of recipe):** 355 calories; 16 g fat (6 g saturated fat; 6 g monounsaturated fat); 357 mg cholesterol; 806 mg sodium; 14 g carbohydrate; 2.2 g fiber; 37 g protein; 9.4 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 2.9 mcg vitamin B<sub>12</sub>; 4.7 mg iron; 41.6 mcg selenium; 7.3 mg zinc; 314.8 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline.