

August 2016 TV Recipes—Easy Weeknight Meals with Ground Beef

"Cheesesteak" Pizza

Total Recipe Time: 30 minutes

Makes 6 servings

- 1 pound lean Ground Beef
- 1 small onion, sliced thin, separated into rings
- 1 small green or red bell pepper, cut into thin strips
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 package (16 ounces) thick prebaked pizza crust (12-inch)
- 2 cups shredded mozzarella cheese



1. Heat oven to 400°F. Heat large nonstick over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Remove drippings. Add onion and bell pepper; cook until vegetables are crisp-tender. Remove from skillet with slotted spoon; season with salt and pepper.
2. Place pizza crust on baking sheet. Top with beef mixture, then cheese. Bake in 400°F oven 8 to 10 minutes or until cheese is melted.

Cook'sTip: 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: 481 calories; 22 g fat (1 g saturated fat; 4 g monounsaturated fat); 7 mg cholesterol; 978 mg sodium; 4 g carbohydrate; 2 g fiber; 34 g protein; 3.4 mg niacin; 0.3 mg vitamin B6; 1.6 mcg vitamin B12; 3.8 mg iron; 12.4 mcg selenium; 3.7 mg zinc. This recipe is an excellent source of protein, vitamin B12, iron and zinc; and a good source of niacin, vitamin B6 and selenium.

Bacon Cheeseburger Quesadillas

Total recipe time: 30 minutes

Makes 4 large quesadillas

- 1 pound lean Ground Beef
- 2 tablespoons Worcestershire sauce
- 2 tablespoons ketchup
- 2 tablespoons cream cheese
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 6 strips bacon, cooked and chopped
- 8 large flour tortillas
- 4 tablespoons butter
- 2 cups shredded cheddar cheese



1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Add Worcestershire, ketchup, cream cheese, garlic powder, salt and pepper. Stir well to combine.
2. Remove the beef mixture from the pan and allow the skillet to cool for a few minutes. Wipe out with a paper towel. Heat skillet over medium heat and melt 1 tablespoon of butter.
3. Add one flour tortilla to skillet. Fill with 1 cup of beef filling and 1/2 cup shredded cheese and 1/4 of the bacon pieces. Place a second tortilla on top and press down with a small plate. Cook for 2-3 minutes, or

until the bottom is golden brown. Remove the plate, and carefully flip the quesadilla over. Cook for 2-3 minutes or until the second side is browned.

4. Repeat with the remaining 3 quesadillas, adding one tablespoon of butter to skillet before each quesadilla.

Recipe adapted from www.mantitlement.com.

One-Dish Beef Stroganoff

Total Recipe Time: 30 to 35 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1/2 pound sliced button or cremini mushrooms
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme leaves
- 2 cups uncooked whole grain wide noodle-style pasta
- 1 can (14-1/2 ounces) reduced-sodium beef broth
- 1 cup frozen peas
- 1/4 cup regular or reduced-fat dairy sour cream plus additional for topping
- 1 tablespoon regular or coarse-grain Dijon-style mustard
- Salt and pepper



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, mushrooms, garlic and thyme; cook 8 to 10 minutes, breaking Ground Beef into 3/4-inch crumbles and stirring occasionally.
2. Stir noodles and broth into beef mixture. Bring to a boil. Cover and cook 9 to 10 minutes or until noodles are tender, stirring twice. Stir in peas; continue cooking, uncovered, 3 to 5 minutes or until peas are heated through, stirring occasionally.
3. Remove from heat; stir in 1/4 cup sour cream and mustard. Season with salt and pepper, as desired. Garnish with additional sour cream, if 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.

Cook's Tip: One pound beef Top Sirloin Steak Boneless, cut 1-inch thick may be substituted for Ground Beef. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Heat 1 teaspoon oil in large nonstick skillet over medium-high until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Keep warm. Heat 2 teaspoons oil in same skillet. Add mushrooms; cook and stir 3 to 5 minutes or until mushrooms are tender and begin to brown. Add noodles, broth, garlic and thyme; bring to a boil. Cover and cook as directed in Step 2, returning beef to skillet and stirring in peas as directed. Remove from heat and continue as directed in Step 3.

Nutrition information per serving, using 93% lean Ground Beef: 444 calories; 12 g fat (5 g saturated fat; 4 g monounsaturated fat); 86 mg cholesterol; 616 mg sodium; 48 g carbohydrate; 6.6 g fiber; 38 g protein; 14.4 mg niacin; 0.6 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 5.7 mg iron; 25.0 mcg selenium; 7.8 mg zinc; 101.2 mg choline. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

Sloppy Grilled Cheese Sandwiches

Total Recipe Time: 25-30 minutes

Makes 5-6 sandwiches



- 1 pound lean Ground Beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 2 tablespoons yellow mustard
- 1/4 cup brown sugar
- 10 to 12 slices white bread
- 6 tablespoons butter, softened
- 3 cups shredded cheddar cheese

1. Heat large nonstick skillet over medium heat until hot. Add ground beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Add ketchup, mustard and brown sugar. Simmer 5 minutes.
2. Remove the beef mixture from the pan and allow the skillet to cool for a few minutes. Wipe out with a paper towel. Heat skillet over medium heat.
3. For each sandwich, place one slice of bread in skillet, butter side down. Top with a little cheddar cheese, some of the beef mixture, and additional cheddar cheese. Place another slice of bread on top and butter outside.
4. Cook over medium heat until both sides are toasted golden brown. Be careful when you flip so you don't lose your cheese and sloppy joe filling. Repeat until all 5 to 6 sandwiches are done.

Recipe adapted from www.realmomkitchen.com.

Beef & Pasta Skillet Primavera

Total Recipe Time: 25 to 30 minutes

Makes 4 servings



- 1 pound Ground Beef (93% lean or leaner)
- 1 can (14 to 14-1/2 ounces) reduced-sodium beef broth
- 1 cup uncooked whole wheat or whole grain pasta
- 2 small zucchini and/or yellow squash, cut in half lengthwise, then crosswise into 1/2 inch slices
- 1 can (14-1/2 ounces) Italian-style diced tomatoes, drained
- Freshly grated Parmesan cheese (optional)

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth and pasta; bring to a boil. Reduce heat; cover and cook 7 to 11 minutes or until pasta is almost tender. Add squash and tomatoes; continue to cook 4 to 6 minutes or until pasta is tender and sauce is slightly thickened, stirring occasionally. Garnish with Parmesan cheese, if desired.

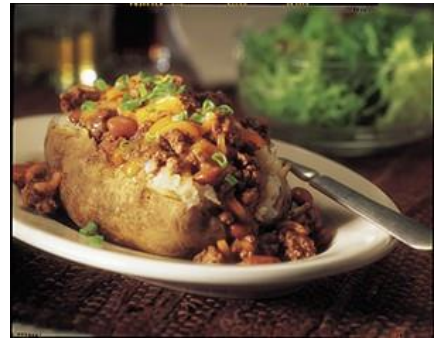
Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving, using 93% lean Ground Beef: 315 calories; 9 g fat (4 g saturated fat; 3 g monounsaturated fat); 78 mg cholesterol; 465 mg sodium; 28 g carbohydrate; 3.6 g fiber; 31 g protein; 8.8 mg niacin; 0.6 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.4 mg iron; 18.2 mcg selenium; 6.9 mg zinc; 88.0 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.

Beef Chili 'n Cheddar-Topped Potatoes

Total Recipe Time: 25 minutes

Makes 4 servings



- 1-1/2 pounds Ground Beef
 - 4 medium baking potatoes (8 ounces each)
 - 1 tablespoon chili powder
 - 1/2 teaspoon salt
 - 1 can (15 ounces) hot chili beans, undrained
 - 1 cup shredded mild Cheddar cheese
 - Salt and pepper
 - 1/4 cup sliced green onions
 - 1/2 cup shredded mild Cheddar cheese
1. Pierce potatoes in several places. Microwave on HIGH 11 to 13 minutes or until tender, rearranging once. Let stand 5 minutes.
 2. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; stir in chili powder and 1/2 teaspoon salt.
 3. Add beans and 1 cup cheese; cook and stir until heated through.
 4. Cut a slit lengthwise in potatoes; fluff potatoes with fork. Season with salt and pepper, as desired. Spoon beef mixture evenly over potatoes; sprinkle with green onions and 1/2 cup cheese.

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: 770 calories; 35 g fat (19 g saturated fat; 10 g monounsaturated fat); 159 mg cholesterol; 1112 mg sodium; 57 g carbohydrate; 10.1 g fiber; 53 g protein; 10.0 mg niacin; 1.2 mg vitamin B6; 3.7 mcg vitamin B12; 6.8 mg iron; 28.5 mcg selenium; 8.8 mg zinc. This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.

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