

BEEF AND ZUCCHINI "NOODLE" LASAGNA

Total Recipe Time: 1-1/4 to 1-1/2 hours

Makes 6 servings.

- 1 pound Ground Beef (93% lean or leaner)
- 1 jar (24 to 26 ounces) pasta sauce
- 1/4 teaspoon ground red pepper
- 1 container (15 ounces) reduced-fat ricotta cheese
- 1 cup shredded reduced-fat mozzarella cheese
- 3 tablespoons shredded Parmesan cheese
- 2 egg whites or 1 large egg, beaten
- 2 medium zucchini (about 7 ounces each), cut diagonally crosswise into 1/4-inch thick slices



Instructions

1. Preheat oven to 375°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Remove skillet from heat; stir in pasta sauce and red pepper.
2. Meanwhile, combine ricotta cheese, 1/2 cup mozzarella cheese, Parmesan cheese and egg whites in medium bowl.
3. Spread one third of beef mixture in bottom of 13 x 9-inch baking dish. Top with half of zucchini slices in single layer. Spread half of ricotta mixture over zucchini. Repeat layers with another third of beef mixture, remaining zucchini slices and remaining ricotta mixture. Top with remaining beef mixture. Sprinkle with remaining 1/2 cup mozzarella cheese.
4. Bake, uncovered, in 375°F oven 45 to 50 minutes or until zucchini is tender and cheese is golden brown. Let stand 10 to 15 minutes before serving.

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: 316 calories; 13 g fat (6 g saturated fat; 2 g monounsaturated fat); 80 mg cholesterol; 588 mg sodium; 16 g carbohydrate; 2.4 g fiber; 32 g protein; 4.9 mg niacin; 0.4 mg vitamin B6; 1.6 mcg vitamin B12; 3.4 mg iron; 14.8 mcg selenium; 4.3 mg zinc; 59.3 mg choline. This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron and choline.

COWBOY CASSEROLE

Total Recipe Time: 45 minutes

Makes 6-8 servings

- 1 pound lean Ground Beef
- 1/2 medium yellow onion, chopped
- 2 cloves garlic, minced
- 5 cups frozen tator tots

- 1/2 cup Rotel tomatoes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/2 cup sour cream
- 1 can cream of mushrooms soup
- 1 can whole kernel corn, drained
- 2 cups shredded Colby Jack cheese, divided
- 1/3 cup milk
- 1/4 cup black olives, optional
- 1 tablespoon chives, fresh or dried

Instructions

1. Preheat oven to 425 degrees. Spray the bottom of a 9" x 13" casserole dish. Place the frozen tator tots in the pan and put into your oven as it preheats. Leave them in the oven until you are ready to assemble the casserole. They will be about 1/2 cooked when pulled from the oven.
2. In a medium skillet, cook ground beef, onion and garlic over medium high heat until cooked thoroughly, about 8-10 min. Drain any excess fat, if necessary.
3. Stir in Rotel tomatoes, garlic powder, onion powder and black pepper. Cook for a few more minutes, or until juice from tomatoes has cooked off.
4. Add sour cream, cream of mushroom soup, drained corn, 1/2 of the cheese and milk. Stir well. Let cook until cheese is melted, 2 to 3 minutes.
5. Remove your pan from the oven and transfer tator tots to a separate plate. Add the hamburger mixture to the bottom of the casserole dish. Top with olives and 1/2 of the remaining cheese. Top with tator tots and press down a bit. Cover the tator tots with the last of the cheese and chives.
6. Bake in the oven for 20-25 minutes or until the cheese is melted and you can see that the casserole is bubbling up on the sides and the middle.
7. Serve and enjoy!

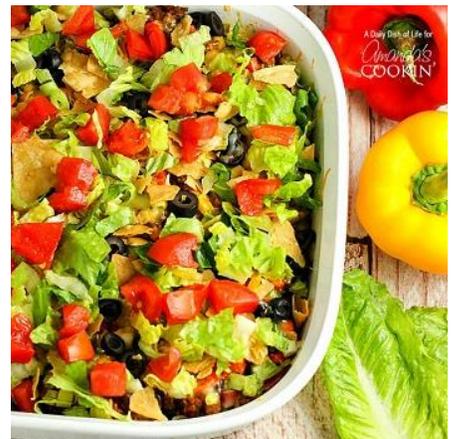
Recipe adapted from [The Best Blog Recipes](#).

BEEF TACO CASSEROLE

Total Recipe Time: 35-40 minutes

Makes 6-8 servings

- 2 pounds lean Ground Beef
- 3 cups broken tortilla chips
- 1 lb 13 oz can of black beans, drained and rinsed
- 16 oz salsa
- 1/4 cup taco seasoning
- 1 cup mixed bell peppers, red, yellow, and green, chopped
- 5 green onions, chopped
- 1 can sliced olives
- 2 cups shredded cheddar and/or Monterey Jack cheese
- 1 large tomato, chopped
- 1 cup chopped or shredded Romaine lettuce



Instructions

1. Preheat oven to 350 degrees.
2. In a large skillet, cook ground beef over medium high heat until cooked thoroughly, about 8-10 min. Drain any excess fat, if necessary.
3. Stir in black beans, salsa, and taco seasoning. Reduce heat to medium and cook for a few more minutes.
4. In greased 9"x13" casserole dish, place 2½ cups of broken tortilla chips on the bottom of the dish. Top with ground beef, bean and salsa mixture.
5. Sprinkle the bell peppers, cut green onions, olives and cheese on top of the ground beef mixture.
6. Bake uncovered for 20 minutes until cheese is melted. Top casserole with lettuce, tomato, and the remaining ½ cup of broken tortilla chips.

Recipe courtesy of AmandasCookin.com.

EASY BAKED BURRITO CASSEROLE

Total Recipe Time: 35 minutes

Makes 6-8 servings

- 1 pound lean Ground Beef
- 1 small onion, chopped
- 1 packet taco seasoning
- 1 can refried beans
- 1 can cream of mushroom soup, undiluted
- 1/2 cup sour cream
- 6 large flour tortillas
- 2 1/2 cups shredded Mexican cheese blend



Instructions

1. Preheat oven to 350 degrees.
2. In a large skillet, brown the ground beef and onion 8-10 minutes or until beef is no longer pink. Drain excess fat, if necessary.
3. Add the taco seasoning and refried beans and heat through.
4. In a separate bowl, blend the mushroom soup with the sour cream. Spread half the soup mixture in the bottom of a greased 9" x 13" baking dish. Add a layer of 3 tortillas, cut, tear or overlap as needed. Spread ½ of the ground beef mixture next, then 1 cup of the shredded Mexican cheese. Repeat all three layers and top with the remaining cheese.
5. Bake for 20 minutes or until cheese is nicely melted and pan is hot and bubbly.

Recipe courtesy of [Written Reality](http://WrittenReality.com).

ITALIAN BASIL BEEF AND SHELLS

Total Recipe Time: 60 minutes

Makes 6-8 servings

- 1-1/2 pounds lean Ground Beef
- 1 (16 oz) box medium-size shells
- 1 medium onion, diced
- Olive oil
- 2 teaspoons dry Italian seasoning
- 1-1/2 teaspoon garlic salt
- 1/2 teaspoon red pepper flakes
- 2 tablespoons Worcestershire sauce
- 1 (8 oz) chive and onion cream cheese, softened
- 2-1/2 cups half & half
- 3 tablespoons butter, melted
- 4 cups shredded mozzarella cheese, divided
- 1 (6 oz.) prepared basil pesto
- 1/3 cup sundried tomatoes, rinsed and chopped
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped Italian parsley (optional)



Instructions

1. Preheat oven to 350 degrees. Spray a 9" x 13" baking dish with cooking spray. Set aside.
2. Cook the pasta shells in salted water per the package instructions until al dente. Drain well.
3. In a large pot over medium-high heat cook the diced onion in a few tablespoons of olive oil for 2 minutes until softened. Add the ground beef, Italian seasoning, garlic salt, red pepper flakes and Worcestershire sauce. Brown the beef 8-10 minutes, until browned. Drain any excess fat, if needed.
4. Add the cream cheese, half & half and butter to the pot. Stir well, until the cream cheese has completely melted.
5. Remove from heat and add 2 cups shredded mozzarella cheese, pesto, sundried tomatoes, Parmesan cheese and cooked pasta. Mix well.
6. Pour 1/2 of the mixture into the baking dish, sprinkle with 1 cup of shredded mozzarella cheese. Top with the remaining mixture and last 1 cup of shredded mozzarella cheese.
7. Bake for 40 minutes or until golden and bubbly. Check at 30 minutes and cover with foil, if needed.
8. Rest on the counter for 5 minutes then garnish with chopped parsley just before serving.

Recipe courtesy of Melissa's Southern Style Kitchen.

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