

## Sheet Pan Steak and Veggies

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Makes 6 servings**

- 2 pounds (1-inch thick) Top Sirloin Steak
- 2 pounds baby red potatoes
- 3 cups broccoli florets
- 2 cups cherry tomatoes
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste



1. Preheat oven to broil. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large pot of boiling salted water, cook potatoes until parboiled for 12-15 minutes; drain well.
3. Place potatoes, broccoli and tomatoes in a single layer onto the prepared baking sheet. Add olive oil, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
4. Season steaks with salt and pepper, to taste, and add to the baking sheet in a single layer.
5. Place into oven and broil until the steak is browned and charred at the edges, about 4-5 minutes per side for medium-rare, or until desired doneness. Remove from oven when instant-read thermometer registers 145 degrees for medium-rare doneness. Let steaks rest 5 to 10 minutes. Slice and enjoy!

Recipe from [DamnDelicious](#).

## Easy Sheet Pan Meatloaf and Vegetables

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

**Makes 6 servings**

- 1-1/2 pounds Ground Beef (93% or leaner)
- 1 can (8 ounces) tomato sauce, divided
- 1 cup dry bread crumbs
- 1 small onion, finely chopped
- 1 egg
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 pounds red potatoes, cut into 3/4 inch cubes
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper

### **Topping:**

- 1 tablespoon packed brown sugar
- 1 teaspoon dry mustard



1. Heat oven to 400°F. Reserve 1/4 cup of tomato sauce; set aside.

2. Combine Ground Beef, remaining tomato sauce, bread crumbs, onion, egg, Worcestershire sauce, thyme, salt and pepper in large bowl; mixing lightly but thoroughly.
3. Shape beef mixture into 8 x 4 x 2-inch loaf on parchment-lined sheet pan.
4. Toss potatoes with nonstick cooking spray, garlic salt and pepper. Spread potatoes evenly around the meatloaf on the sheet pan.
5. Place sheet pan on the center rack of oven, bake in preheated 400°F oven for 40 minutes. Meanwhile, combine reserved tomato sauce with brown sugar and dry mustard. Spread sauce evenly over top of the meatloaf, stir potatoes, and continue cooking another 20 minutes or until instant-read thermometer inserted into center of meatloaf registers 160°F.
6. Remove meatloaf and let stand 10 minutes before slicing. Test potatoes for doneness and return to oven if needed while meatloaf rests. Cut meatloaf into slices. Serve with potatoes.

**Four-Pepper Meatloaf Variation:** Prepare meatloaf as above, adding 1/3 cup finely chopped green bell pepper, 1/4 teaspoon ground red pepper and 1/4 teaspoon ground white pepper to Ground Beef mixture.

**Picadillo-Style Meatloaf Variation:** Prepare meatloaf as above, omitting thyme and adding 1/3 cup finely chopped green bell pepper, 1/4 cup raisins, 1 teaspoon ground cumin and 1/2 teaspoon dried oregano leaves to Ground Beef mixture.

**Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

## Sheet Pan Philly Cheesesteak

Total Recipe Time: 30 minutes

Makes 4 sandwiches

- 1 1/4 pounds Flank Steak
- Salt and Pepper
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon Olive Oil

### Filling

- 1 cup chopped mushrooms
- 1 cup yellow onion
- 1 cup green pepper
- 1/2 tablespoon olive oil
- 1 tablespoon Worcestershire Sauce
- Salt and pepper to taste
- 8 slices provolone cheese
- 4 hoagie buns

1. Preheat oven to 350 degrees. Place Flank steak on a tray, and season with salt and pepper. Pour olive oil and Worcestershire Sauce over the top, and rub in.
2. In a bowl, combine peppers and onions and mushrooms. Add olive oil, Worcestershire, and salt and pepper, stir to combine. Arrange around the outside of the flank steak on the tray.
3. Bake 15 minutes, turning once ½-way through.
4. Turn oven to broil. Broil 3-5 minutes.
5. Take steak off tray, and slice into very thin slices; then into bite-size pieces. Add back to the tray. Cover the meat and veggies with the provolone cheese slices.
6. Bake with cheese 5-7 additional minutes at 350 degrees. Stir well to combine cheese with veggies and meat.
7. Load up hoagies, season with additional salt and pepper if desired. Enjoy!

Recipe from [Eazypeazymealz.com](http://Eazypeazymealz.com).



# Sheet Pan Steak and Fries

Total Recipe Time: 45 minutes

Makes 4 servings

- 4 Beef Strip (Top Loin), Ribeye or Petite Top Sirloin steaks
- Kosher salt and freshly ground black pepper, to taste

## For the Garlic Parmesan Fries

- 2 russet potatoes, cut into 8 long wedges
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon Italian seasoning
- ½-cup freshly grated Parmesan
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley leaves



1. Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place potatoes in a single layer onto one side of the prepared baking sheet. Add olive oil, garlic, Italian seasoning and Parmesan; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 20-25 minutes, or until golden brown and crisp, tossing occasionally.
4. Preheat oven to broil.
5. Season steaks with salt and pepper, to taste, and place onto the opposite side of the prepared baking sheet in a single layer. Place into oven and broil until the steak is browned and charred at the edges, about 4-5 minutes per side for medium-rare, or until desired doneness. Remove from oven and let steaks and potatoes rest 5 to 10 minutes. Enjoy!

Recipe from [DamnDelicious](#).

# Sheet Pan Steak Fajitas

Total Recipe Time: 50 minutes

Makes 8 tortillas

- 1 pound Flank steak, sliced against the grain into ½-inch strips
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup olive oil
- 1 teaspoon minced garlic
- 1 onion, thinly sliced (no more than 1/4 inch thick)
- 1 red bell pepper, thinly sliced (1/4 inch thick)
- 1 yellow bell pepper, thinly sliced (1/4 inch thick)
- 1 green bell pepper, thinly sliced (1/4 inch thick)
- Lime wedges and chopped fresh cilantro, optional
- 8 flour or corn tortillas





1. Preheat oven to 400°F. In a small bowl, combine chili powder, cumin, garlic powder, paprika, salt, pepper. Stir until evenly mixed.
2. In a large bowl, add steak, onions and bell peppers. Drizzle with olive oil. Sprinkle with minced garlic. Mix everything until it is evenly coated in oil and garlic. Sprinkle seasoning mix over everything. Mix again until everything is evenly coated.
3. Line a sheet pan with foil. Lay all the vegetables and meat onto the lined sheet pan. Try your best to keep it to a single layer with no overlap.
4. Cook for about 12-20 minutes or until steak reaches desired doneness and vegetables are cooked but still crisp. When there is about 5 minutes left before food is done, wrap tortillas in aluminum foil and place on top of baking pan to warm up. I placed mine right in the corner of the pan.
5. Serve with lime wedges, fresh cilantro and any other toppings you desire.

Recipe from [Kirbie's Cravings](#).

## Sheet Pan Nachos

Total Recipe Time: 25 minutes

Makes 8 servings

- 1 pound lean Ground Beef
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 (1.25-ounce) package taco seasoning
- 12 ounces tortilla chips
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn kernels, frozen, canned or roasted
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 1 Roma tomato, diced
- 1/4 cup diced red onion
- 1 jalapeno, thinly sliced
- 2 tablespoons sour cream
- 2 tablespoons chopped fresh cilantro leaves



1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Heat olive oil in a large skillet over medium high heat. Add ground beef and garlic, and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; stir in taco seasoning. Drain excess fat, if necessary.
3. Place tortilla chips in a single layer onto the prepared baking sheet. Top with ground beef mixture, black beans, corn and cheeses.
4. Place into oven and bake until heated through and the cheese melts, about 5-6 minutes.
5. Serve immediately, topped with tomato, onion, jalapeno, sour cream and cilantro.

Recipe from [DamnDelicious](#).

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