

May 2017 TV Recipes- Breakfast Recipes

BEEF BREAKFAST WAFFLES WITH MANGO SYRUP

Total Recipe Time: 15 to 20 minutes

Makes 4 servings.

- 12 ounces cooked beef Steak, cut into thin slices
- 1 mango, finely diced
- 1 jalapeño pepper, seeded and diced
- 1/4 cup real maple syrup
- 2 teaspoons lime juice
- 4 frozen waffles, toasted
- 1 tablespoon chopped fresh mint
- Additional real maple syrup



1. Combine Beef, mango, pepper, and maple syrup in small saucepan. Bring to a boil and cook 5 to 7 minutes or until sauce is consistency of syrup and beef is heated through. Remove from heat and stir in lime juice.
2. Evenly top each waffle with beef and mango syrup. Garnish with mint and drizzle with additional maple syrup as desired.

***Nutrition information per serving:** 363 calories; 8 g fat (3 g saturated fat; 4 g monounsaturated fat); 75 mg cholesterol; 299 mg sodium; 43 g carbohydrate; 2.3 g fiber; 29 g protein; 11.0 mg niacin; 1.1 mg vitamin B6; 2.4 mcg vitamin B12; 4.1 mg iron; 35.3 mcg selenium; 5.4 mg zinc; 115.3 mg choline. This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium, and zinc.*

BEEF SAUSAGE & EGG MUFFIN CUPS

Total Recipe Time: 45 to 50 minutes

Makes 4 servings

- 1 recipe [Basic Country Beef Breakfast Sausage](#) (recipe follows)
- 1 can (4-1/2 ounces) chopped green chilies, undrained
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 5 large eggs
- 1/4 cup milk
- 1 to 2 teaspoons regular or chipotle hot pepper sauce
- Salt and pepper

Toppings (optional): Chopped green onion or chives, chopped tomato, salsa or additional hot sauce



1. Preheat oven to 375°F. Spray 12-cup standard muffin pan with nonstick cooking spray. Prepare Basic Country Beef Breakfast Sausage. Drain fat, if needed. Stir chilies and cheese into sausage mixture. Evenly divide mixture into prepared pan.

Basic Country Beef Breakfast Sausage: Combine 1 pound Ground Beef, 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt, 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 sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

2. Whisk eggs, milk and hot sauce, as desired, in medium bowl. Evenly divide egg mixture over sausage mixture in muffin cups.
3. Bake in 375°F oven 17 to 20 minutes or until egg mixture is set and just beginning to brown. Let stand 2 minutes. Loosen edges; remove from muffin pan. Season with salt and pepper and garnish with Toppings, as desired.

***Nutrition information per serving, 1/12 of recipe, using 93% lean ground beef:** 108 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 106 mg cholesterol; 144 mg sodium; 1 g carbohydrate; 0.3 g fiber; 12 g protein; 2.6 mg niacin; 0.2 mg vitamin B6; 1.0 mcg vitamin B12; 1.3 mg iron; 12.5 mcg selenium; 2.3 mg zinc; 88.3 mg choline. This recipe is an excellent source of protein; and a good source of niacin, vitamin B6, vitamin B12, selenium, zinc and choline.*

COUNTRY BEEF BREAKFAST SAUSAGE AND GOAT CHEESE EGG BAKE WITH HASH-BROWN CRUST

Total Recipe Time: 1-1/2 to 1-3/4 hours

Makes 10 servings.

- 1 recipe [Basic Country Beef Breakfast Sausage](#) (recipe follows)
- 1 pound frozen hash brown potatoes, thawed
- 8 eggs
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1-1/2 cups reduced-fat dairy sour cream
- 1/2 cup 2% reduced-fat milk
- 4 ounces crumbled goat cheese
- 1/2 cup thinly sliced green onions



1. Preheat oven to 425°F. Spray 9-inch springform pan with cooking spray. Squeeze excess moisture from potatoes. Combine potatoes, 1 egg, 1/2 teaspoon salt and 1/4 teaspoon pepper in medium bowl, tossing gently to coat. Press potato mixture onto bottom and up side of prepared pan. Do not place springform pan on baking sheet. Bake in 425°F oven 20 to 30 minutes until potatoes are crispy and brown. Reduce oven temperature to 375°F
2. Meanwhile, prepare Basic Country Beef Breakfast Sausage. Set aside.

Basic Country 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 and stirring occasionally.

3. Whisk together remaining 7 eggs, remaining 1/2 teaspoon salt, 1/4 teaspoon remaining pepper, sour cream and milk in large bowl. Stir in cheese, green onions and sausage; pour mixture into hash-brown crust. Bake in 375°F oven 40 to 50 minutes or until eggs are set. Cool 10 to 15 minutes. Remove from pan; cut into wedges.

Nutrition information per serving: 252 calories; 14 g fat (7 g saturated fat; 5 g monounsaturated fat); 203 mg cholesterol; 537 mg sodium; 12 g carbohydrate; 0.9 g fiber; 20 g protein; 2.6 mg niacin; 0.3 mg vitamin B₆; 1.7 mcg vitamin B₁₂; 2.2 mg iron; 22 mcg selenium; 3.4 mg zinc; 165.8 mg choline. This recipe is an excellent source of protein, vitamin B₁₂, selenium, zinc and choline; and a good source of niacin, vitamin B₆ and iron.

EASY MEXICAN-STYLE BEEF SAUSAGE CORNBREAD SKILLET

Total Recipe Time: 45 minutes

Makes 4 servings.

- 1 recipe [Mexican-Style Beef Sausage](#) (recipe follows)
- 12 ounces frozen onion and pepper blend (diced or sliced), thawed, drained
- 1/2 cup no-salt added canned diced tomatoes with green chilies
- 1 package (8-1/2 ounces) cornbread mix
- 1/3 cup 2% reduced-fat milk
- 1 egg
- 3/4 cup frozen corn, thawed, drained

Toppings (optional): Sour cream, diced seeded tomatoes, sliced green onions and honey



1. Preheat oven according to directions on cornbread mix for cast-iron baking. Prepare Mexican-Style Beef Sausage. Add onion and pepper mix and tomatoes; cook 3 minutes, stirring occasionally.

Mexican-Style Beef Sausage: Combine 1 pound Ground Beef (93% or leaner), 2 tablespoons red wine vinegar, 1-1/2 teaspoons dried oregano leaves, 1-1/2 teaspoons smoked paprika, 1-1/2 teaspoons chili powder, 1 teaspoon garlic powder, 1/2 teaspoon salt and 1/2 teaspoon chipotle chili powder in large mixing bowl mixing lightly but thoroughly. Heat 9-inch cast iron skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

2. Meanwhile, prepare cornbread mix according to package directions, using milk and egg; fold corn into batter. Quickly pour batter over sausage mixture in cast-iron skillet, completely covering sausage mixture. Bake according to package directions or until cornbread is cooked through and golden brown.

***Nutrition information per serving:** 427 calories; 13 g fat (4 g saturated fat; 6 g monounsaturated fat); 91 mg cholesterol; 715 mg sodium; 56 g carbohydrate; 6.4 g fiber; 21 g protein; 5.6 mg niacin; 0.4 mg vitamin B₆; 1.7 mcg vitamin B₁₂; 3.9 mg iron; 18.5 mcg selenium; 4.0 mg zinc; 98.6 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.*

SHREDDED BEEF & EGG QUESADILLAS

Total Recipe Time: 20 minutes

Makes 4 servings.

- 6 ounces cooked beef, shredded or chopped into bite-size pieces
- 4 large eggs, slightly beaten
- 4 medium flour tortillas (8 to 10-inch diameter)
- 1 cup shredded reduced-fat Mexican blend cheese
- 1 can (4 ounces) chopped or diced green chilies, drained

Toppings (optional): Sour cream, salsa, chopped cilantro, guacamole



1. Heat large nonstick skillet over medium high heat until hot. Add beef and eggs; cook and stir until eggs are scrambled. Season with salt and pepper as desired.
2. Top each of two flour tortillas with 1/4 cup cheese. Evenly divide beef mixture between two tortillas. Top each with half of the chilies and half of remaining cheese. Place remaining two tortillas on top.
3. Wipe out skillet. Heat skillet over medium heat until hot. Cook quesadillas, one at a time, 2 minutes or until tortilla is lightly browned. Turn and continue cooking 1 to 2 minutes. Cut each quesadilla in half. Cut each half into wedges. Serve with toppings, if desired.

***Nutrition information per serving:** 385 calories; 16 g fat (8 g saturated fat; 3 g monounsaturated fat); 236 mg cholesterol; 891 mg sodium; 28 g carbohydrate; 1.5 g fiber; 30 g protein; 3.9 mg niacin; 0.4 mg vitamin B₆; 1.2 mcg vitamin B₁₂; 2.1 mg iron; 30.7 mcg*

selenium; 3.1 mg zinc; 196.4 mg choline. This recipe is an excellent source of protein, vitamin B6, vitamin B12, selenium, and zinc as well as a good source of niacin, vitamin B6, and iron.

SUNRISE BEEF SLIDERS

Total Recipe Time: 25 to 30 minutes

8 servings.

- 1 pound Ground beef (93% lean or leaner)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices American cheese, cut in half
- 1/2 cup chopped onions
- 1/2 cup chopped mushrooms
- 2 large eggs, slightly beaten
- 8 whole wheat slider buns, split



1. Combine Ground beef, salt and pepper in large bowl, mixing lightly but thoroughly. Lightly shape into eight thin mini-patties. Heat large nonstick skillet over medium heat until hot. Add patties; cook 5 to 6 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning once. Top each burger with half cheese slice. Remove burgers; keep warm.
2. Add onions and mushrooms to same skillet and cook for 2 to 4 minutes until tender. Add eggs and cook and stir 2 minutes until desired doneness. Season as desired.
3. Place burgers on bottoms of buns. Top burgers evenly with egg mixture. Close sandwiches.

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: 254 calories; 11 g fat (4 g saturated fat; 3 g monounsaturated fat); 98 mg cholesterol; 556 mg sodium; 19 g carbohydrate; 1 g fiber; 21 g protein; 4.3 mg niacin; 0.2 mg vitamin B6; 1.4 mcg vitamin B12; 1.5 mg iron; 16.3 mcg selenium; 3.3 mg zinc; 79.2 mg choline. This recipe is an excellent source of protein, niacin, vitamin B12, selenium, and zinc as well as a good source of vitamin B6.

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