

Fresh Tomato, Beef & Penne Pasta

Total recipe time: 25 minutes

Makes 4 servings

- 1-pound Ground Beef
- 3 cloves garlic, minced
- 2 cups chopped tomatoes
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups cooked penne pasta
- 2 tablespoons sliced fresh basil
- 3 tablespoons grated Parmesan cheese



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in tomatoes, salt and pepper; cook over medium heat 5 minutes, stirring occasionally. Add pasta and basil; toss. Sprinkle with cheese.

Test Kitchen Tips: 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: 401 calories; 17 g fat (7 g saturated fat; 7 g monounsaturated fat); 115 mg cholesterol; 584 mg sodium; 29.4 g carbohydrate; 2.2 g fiber; 31 g protein; 7.4 mg niacin; 0.5 mg vitamin B6; 2.5 mcg vitamin B12; 3.9 mg iron; 19.5 mcg selenium; 6.3 mg zinc

Easy Skillet Chili Mac

Total recipe time: 25-30 minutes

Makes 4 servings

- 1-pound Lean Ground Beef
- 1 can (15 to 16 ounces) chili beans in chili sauce
- 1-1/2 cups prepared thick-and-chunky salsa
- 1/2 cup water
- 1/2 cup chopped fresh cilantro
- Hot cooked elbow macaroni



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef cook 8 to 10 minutes, breaking up into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in beans, salsa and water; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened, stirring frequently. Stir in cilantro.
3. Serve beef mixture over macaroni.

Test Kitchen Tips: 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 95% lean Ground Beef: 293 calories; 7 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 1006 mg sodium; 22 g carbohydrate; 5.0 g fiber; 33 g protein; 8.7 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.0 mg iron; 18.0 mcg selenium; 6.0 mg zinc; 79.4 mg choline.

Beefy PB & J Wraps

Total recipe time: 30 minutes
Makes 4 servings

- 1-pound Ground Beef
- 1/3 cup chopped red bell pepper
- 1/2 teaspoon pepper
- 1/2 cup chopped green onions
- 2-1/2 tablespoons creamy peanut butter
- 2 tablespoons grape jelly
- 2 tablespoons soy sauce
- 4 medium flour tortillas (8 to 10-inch diameter), warmed
- 1/4 cup chopped dry roasted peanuts



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and bell pepper; 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; season with pepper.
2. Stir in green onions, peanut butter, jelly and soy sauce; cook and stir 2 to 3 minutes or until peanut butter and jelly are melted.
3. Spoon beef mixture evenly onto tortillas; sprinkle with peanuts. Roll up.

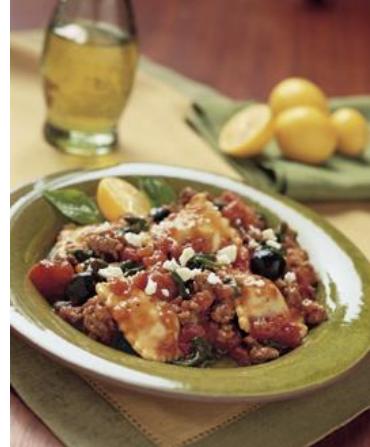
Test Kitchen Tips: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving: 394 calories; 16 g fat (4 g saturated fat; 8 g monounsaturated fat); 45 mg cholesterol; 800 mg sodium; 38 g carbohydrate; 2.2 g fiber; 26 g protein; 6.6 mg niacin; 0.1 mg vitamin B₆; 1.8 mcg vitamin B₁₂; 3.0 mg iron; 1.3 mcg selenium; 4.0 mg zinc.

Greek-Style Beef & Cheese Ravioli

Total recipe time: 30 minutes
Makes 4 servings

- 1-1/4 pounds Ground Beef
- 1 package (9 ounces) refrigerated cheese ravioli
- 2 cans (14-1/2 ounces each) diced tomatoes with basil, garlic and oregano, undrained
- 2 cups lightly packed fresh baby spinach
- 1 cup pitted ripe olives
- 1/2 to 3/4 cup crumbled feta cheese



1. Cook ravioli according to package directions; drain.
2. Meanwhile, heat deep 12-inch nonstick skillet over medium heat until hot. Add Ground Beef; cook 6 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
3. Stir in tomatoes; bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally. Stir in ravioli; simmer 3 minutes. Stir in spinach and olives; cook just until spinach is wilted. Sprinkle with cheese before serving.

Test Kitchen Tips: 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 85% lean ground beef: 587 calories; 31 g fat; 155 mg cholesterol; 1677 mg sodium; 34 g carbohydrate; 41 g protein; 6.8 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 5.6 mg iron; 7 mg zinc.

Asian Beef Lettuce Wraps

Total recipe time: 30 minutes

Makes 4 servings

- 1-pound Ground Beef (93% or leaner)
- 1/2 cup hoisin sauce
- 1/2 cup Asian peanut sauce
- 1 medium cucumber, seeded, chopped
- 1/2 cup shredded carrot
- 1/4 cup torn fresh mint leaves
- Salt and pepper
- 12 large Boston lettuce leaves (about 2 heads) or iceberg or romaine lettuce
- Fresh mint leaves



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings. Stir in hoisin sauce and peanut sauce; heat through.
2. Just before serving, add cucumber, carrots, and torn mint; toss gently. Season with salt and pepper. Serve beef mixture in lettuce leaves. Garnish with mint.

Test Kitchen Tips: 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: 360 calories; 13 g fat; 97 mg cholesterol; 721 mg sodium; 26 g carbohydrate; 35 g protein; 8.4 mg niacin; 0.6 mg vitamin B₆; 4 mcg vitamin B₁₂; 4.8 mg iron; 8.5 mg zinc.

Beef & Vegetable Fried Rice

Total recipe time: 25 minutes

Makes 4 servings

- 1 pound Ground Beef
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger or 1/4 teaspoon ground ginger
- 1 red bell pepper, cut into 1/2-inch pieces
- 1 package (6 ounces) frozen pea pods
- 3 cups cold cooked rice
- 3 tablespoons soy sauce
- 2 teaspoons dark sesame oil
- 1/4 cup thinly sliced green onions



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, ginger and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings.
2. Heat 2 tablespoons water in same skillet over medium-high heat until hot. Add bell pepper and pea pods; cook 3 minutes or until pepper is crisp-tender, stirring occasionally. Stir in rice, soy sauce and sesame oil.
3. Return beef to skillet; heat through. Stir in green onions.

Test Kitchen Tips: 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: 420 calories; 11 g fat (4 g saturated fat; 4 g monounsaturated fat); 84 mg cholesterol; 768 mg sodium; 47 g carbohydrate; 2.6 g fiber; 32 g protein; 9.3 mg niacin; 0.6 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 6.2 mg iron; 32 mcg selenium; 7.3 mg zinc; 71.1 mg choline.

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