

## **January 2020 TV Recipes—Easy, Economical Ground Beef Meals**

*Delicious recipes without breaking the bank. Now that the holidays are over, it's back to reality. Enjoy our quick, easy, economical meals with Ground Beef. Here are some of our favorites!*

### **Beef and Ramen Lettuce Wraps**

*These Ground Beef and ramen lettuce wrap appetizers are perfect for company—or for any day of the week. Simple and easy to prepare. Make them for a quick and easy weeknight meal.*

Total Recipe Time: 35 minutes

**Makes 20 servings**

- 1-pound Ground Beef (93% lean or leaner)
- 2 teaspoons minced garlic
- 1 package (3 ounces) Oriental or beef-flavored ramen noodles
- 1/4 cup rice vinegar
- 2 tablespoons toasted sesame oil
- 1 tablespoon honey
- 1 tablespoon reduced-sodium soy sauce
- 1 cup bean sprouts
- 1 cup shredded carrots
- 20 large Boston or leaf lettuce leaves
- 1/4 cup torn fresh mint leaves



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking beef into 1/2-inch crumbles and stirring occasionally.
2. Meanwhile, reserve ramen noodle seasoning packet. Break noodles into bite-sized pieces; set aside. Combine vinegar, oil, honey, soy sauce and 1 teaspoon of the ramen seasoning packet; set aside.
3. Remove skillet from heat. Stir in bean sprouts, carrots and uncooked noodles. Add vinegar mixture; toss to coat. Divide beef mixture evenly between lettuce leaves. Sprinkle with mint. Serve immediately.

***Nutrition information per serving, per wrap:** 79 Calories; 36 Calories from fat; 4g Total Fat (1 g Saturated Fat; 2 g Monounsaturated Fat;) 19 mg Cholesterol; 140 mg Sodium; 5 g Total Carbohydrate; 1 g Dietary Fiber; 7 g Protein; 1.4 mg Iron; 0.4 mg Niacin; 0.1 mg Vitamin B<sub>6</sub>; 0.6 mcg Vitamin B<sub>12</sub>; 1.6 mg Zinc; 0.6 mcg Selenium; 1.7 mg Choline.*

*This recipe is a good source of Protein, Vitamin B12, and Zinc.*

### **Taco Beef Nuggets with Tejano Dipping Sauce**

*Make these nuggets for kids of any age. Ground Beef stuffed with cheese, coated with tortilla chips, and baked to perfection. Served with a sweet-hot dipping sauce. One of my kids' favorite recipes!*

Total Recipe Time: 30 minutes

**Makes 4 servings**

- 1-pound Ground Beef (95% lean)
- 2 tablespoons taco seasoning mix
- 1 can (4 ounces) chopped mild green chilies, drained
- 16 cubes Colby Jack cheese (1/2-inch)
- 1 egg white
- 1 tablespoon water
- 2 cups crushed nacho cheese-flavored tortilla chips

Sauce:

- 6 tablespoons prepared thick taco sauce
- 3 tablespoons honey



1. Heat oven to 400°F. Combine Ground Beef, taco seasoning and green chilies in large bowl, mixing lightly but thoroughly. Divide beef mixture into 16 portions; shape each portion around a cheese cube, completely covering cheese.
2. Beat egg white with water in shallow dish until blended. Place chips in second shallow dish. Dip each meatball into egg white mixture, then into chips to coat completely. Press each meatball with palm into a flattened nugget shape, generously coating both sides of nugget with chips.
3. Spray large baking pan with nonstick cooking spray. Place nuggets in baking pan; spray tops of nuggets generously with nonstick cooking spray. Bake in 400°F oven 15 to 20 minutes.
4. Meanwhile combine sauce ingredients in small microwave-safe dish. Microwave on HIGH 30 seconds or until warm. Serve nuggets with sauce.

**Nutrition information per serving:** 516 Calories; 243 Calories from fat; 27g Total Fat (11 g Saturated Fat; 8 g Monounsaturated Fat;) 96 mg Cholesterol; 872 mg Sodium; 37 g Total Carbohydrate; 2.4 g Dietary Fiber; 3 g Protein; 3.2 mg Iron; 4.4 mg Niacin; 0.3 mg Vitamin B<sub>6</sub>; 2.1 mcg Vitamin B<sub>12</sub>; 5.3 mg Zinc; 19.1 mcg Selenium.

*This recipe is an excellent source of Iron, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Vitamin B6.*

## Aloha Beef Sliders

*Ground Beef, pineapple, barbecue sauce and red bell pepper create a meal from the islands.*

Total Recipe Time: 30 minutes

**Makes 4 servings**

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 1/2 cup barbecue sauce
- 1 tablespoon Worcestershire sauce
- 1 can (8 ounces) crushed pineapple in juice, undrained
- 12 sweet Hawaiian honey wheat dinner rolls, split, warmed

Toppings (optional):

- Sweet or dill pickle slices or pickled jalapeños

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and bell pepper; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.
2. Stir in barbecue sauce, Worcestershire and pineapple. Bring to a boil and cook 2 to 3 minutes or until sauce is thickened, stirring occasionally.
3. Divide beef mixture evenly onto rolls. Garnish with toppings, if desired.



**Nutrition information per serving:** 585 Calories; 126 Calories from fat; 14g Total Fat (8 g Saturated Fat; 3 g Monounsaturated Fat;) 121 mg Cholesterol; 661 mg Sodium; 76 g Total Carbohydrate; 5.1 g Dietary Fiber; 34 g Protein; 5.3 mg Iron; 6.8 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.3 mcg Vitamin B<sub>12</sub>; 6.1 mg Zinc; 18.7 mcg Selenium; 84.1 mg Choline.

*This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Choline.*

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## Wild West Beef Hash

*Do you have some hungry cowboys at home? Satisfy their hunger with this flavorful skillet. A real crowd pleaser in the Wild West.*

Total Recipe Time: 45 Minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
- 3 cups frozen potatoes O'Brien
- Salt and pepper
- 1 jar (15 to 16 ounces) prepared thick-and-chunky salsa
- 1 cup frozen corn
- 1/4 cup chopped fresh cilantro
- 1 cup shredded reduced-fat Cheddar cheese or Mexican cheese blend



### Toppings:

- Reduced fat dairy sour cream, chopped fresh cilantro, lime wedges (optional)

1. Spray large nonstick skillet with cooking spray; heat over medium heat until hot. Add potatoes; cook 10 to 12 minutes or until lightly browned, stirring occasionally. Remove from skillet. Keep warm.
2. Brown Ground Beef in same skillet over medium heat 8 to 10 minutes, breaking up into 3/4-inch crumbles and stirring occasionally. Remove drippings. Season beef with salt and pepper, as desired. Stir in salsa, corn and 1/4 cup cilantro; cook 5 minutes or until heated through, stirring occasionally. Stir in potatoes; sprinkle with cheese. Cook 1 to 2 minutes or until heated through and cheese is melted.
3. Serve with toppings, if desired.

**Nutrition information per serving:** 392 Calories; 81 Calories from fat; 9g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat;) 82 mg Cholesterol; 1109 mg Sodium; 44 g Total Carbohydrate; 3.8 g Dietary Fiber; 35 g Protein; 4.6 mg Iron; 8.4 mg Niacin; 0.7 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 7.2 mg Zinc; 24.1 mcg Selenium.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber.*

## One-Dish Beef Stroganoff

*Combine Ground Beef and simple ingredients in one skillet for a crowd-pleasing dish that doesn't require extra work.*

Total Recipe Time: 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.

**Nutrition information per serving:** 444 Calories; 108 Calories from fat; 12g Total Fat (5 g Saturated Fat; 4 g Monounsaturated Fat;) 86 mg Cholesterol; 616 mg Sodium; 48 g Total Carbohydrate; 6.6 g Dietary Fiber; 38 g Protein; 5.7 mg Iron; 14.4 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 7.8 mg Zinc; 25 mcg Selenium; 101.2 mg Choline.

*This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline.*

## Salad Shakers

*Don't forget about lunch! Shake-up your lunch routine. Mix your favorite salad ingredients with Ground Beef on top.*

Total Recipe Time: 30 minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
  - 2 teaspoons minced garlic
  - 1/4 cup water
  - 2 tablespoons chili powder
  - 2 teaspoons ground cumin
  - 1 package (10 to 12 ounces) iceberg or romaine salad mix (lettuce, red cabbage, carrots)
  - 1 cup diced tomato
  - 1/2 cup canned black beans, rinsed, drained
  - 1/2 cup frozen corn, defrosted, drained
  - 1/2 cup shredded reduced-fat Cheddar cheese, (optional)
  - 1/2 cup prepared reduced-fat or fat-free ranch dressing
  - 1/4 to 1/3 cup Crunchy Tortilla Strips (recipe follows) or crushed baked tortilla chips (optional)
1. Brown Ground Beef with garlic in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into 1/2-inch crumbles. Pour off drippings, if necessary. Stir in water, chili powder and cumin; cook and stir 1 minute to blend flavors. Cool slightly.
  2. Place salad mix, beef, tomato, beans, corn and cheese, if desired, in large bowl with lid. Top with dressing; close lid securely or cover bowl tightly with plastic wrap. Shake gently to combine. Top with tortilla strips, if desired.
  3. **Crunchy Tortilla Strips:** Cut 2 corn tortillas in half, then crosswise into 1/4-inch-wide strips. Place strips in single layer on baking sheet. Spray tortilla strips lightly with nonstick cooking spray. Bake 4 to 8 minutes at 400°F or until crisp.



**Cook's Tip:** *You can substitute your favorite dressing for ranch dressing.*

**Nutrition information per serving:** 286 Calories; 81 Calories from fat; 9g Total Fat (9 g Saturated Fat; 3 g Monounsaturated Fat;) 3 mg Cholesterol; 568 mg Sodium; 22 g Total Carbohydrate; 4.4 g Dietary Fiber; 29 g Protein; 4.6 mg Iron; 7.3 mg Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.3 mcg Vitamin B<sub>12</sub>; 6.2 mg Zinc; 18.2 mcg Selenium.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber.*