

August 2020 TV Recipes—Grilled Ground Beef Recipes

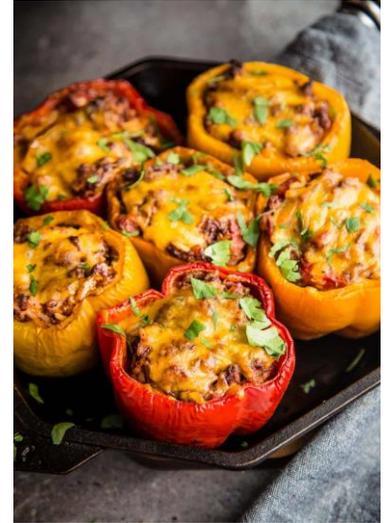
Grilled Ground Beef Stuffed Peppers

Grilling your stuffed peppers adds smoky char and flavor. These are prepared like the classic recipe but kicked up a notch by cooking them on the grill. Recipe courtesy of [Vindulge](#).

Recipe Time: 60 minutes

Makes 6 servings

- 1-pound Lean Ground Beef
- 6 whole bell peppers, tops and seeds removed
- 1 cup cooked jasmine rice
- 1 tablespoon olive oil
- 1 cup diced red onion
- 2 cloves garlic, diced
- 1 can (15 ounce) diced tomatoes
- 1 tablespoon Worcestershire sauce
- 1 can (4 ounce) green chilis, drained
- 1 teaspoon kosher salt
- 1 teaspoon coarse black pepper
- ½ teaspoon fresh thyme, chopped
- 1 ½ cups shredded cheddar cheese (or mozzarella, Monterey Jack or other shredded cheese blend)



1. **Prepare the Grill for indirect cooking**, or set the grill to 375 degrees F.
2. **Prepare the peppers:** cut the tops off the peppers, remove seeds and membranes (discard the seeds and membranes).
3. **Make the rice:** Prepare the rice according to the rice packaging directions.
4. **Cook the Filling:** Heat a large cast iron pan to medium heat, add one tablespoon of olive oil and the onions and cook 5 minutes to soften. Add the Ground Beef and cook, breaking up the beef with a spatula, until cooked through (about 6-8 minutes). Add the garlic and cook 1 minute.
5. **Mix in remaining filling ingredients:** add the remaining filling ingredients to the cast iron pan, including the cooked rice, tomatoes, Worcestershire, green chilies, salt, pepper, and thyme. Remove from heat and add half of the cheese. Stir to incorporate. Taste and season as needed.
6. **Stuff the Peppers:** Stuff about 1/2 cup of the filling into each pepper. The exact amount may vary based on the exact size of your peppers. Add equal amounts into each pepper. Top the peppers with remaining cheese.
7. **Grill Peppers:** place peppers, cut side up, over indirect heat and cook 30-40 minutes, until the peppers are tender and look slightly roasted and the cheese has melted.

Cook's Tip: If your peppers do not feel sturdy standing up on their own pack them all upright in a cast iron dish to help support them standing upright.

Cook's Tip: After discarding the seeds and membranes you can chop up the pepper tops and add them to the mix at the same time as the ground beef.

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Barbecue Grilled Meatloaf

For the most flavor, this BBQ grilled meatloaf recipe is made from a combination of beef and pork, then seasoned to perfection and basted with barbecue sauce while it cooks. Recipe courtesy of [Simply Whisked](#).

Recipe Time: 1 hour 10 minutes

Yields 2 loaves

- 2-pounds Lean Ground Beef
 - 1-pound Ground Pork
 - 2 cups panko breadcrumbs
 - 1 large egg
 - 1 teaspoon granulated garlic
 - 1 teaspoon dried basil
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - 1/4 cup barbecue sauce
 - 2 tablespoons ketchup
- For the sauce:**
- 1/4 cup barbecue sauce
 - 2 tablespoons ketchup



1. Preheat grill to medium-low indirect heat.
2. In a large bowl, mix together all ingredients except ingredients for the sauce.
3. Shape meat mixture into two loaves.
4. Top with barbecue sauce mixture.
5. Grill for 1 hour or until internal temperature reaches 160 degrees F.
6. Let rest for about ten minutes before slicing and serving.

Burger Foil Packs

These flavorful packages are sure to be hit with your family and friends. Foil pack dinners are destined to become one of your favorite ways to cook since they are easy to make, can be prepared in advance and as a bonus, clean-up is so easy! Recipe courtesy of [Delish](#).

Total Recipe Time: 40 minutes

Makes 4 servings

- 1-pound Lean Ground Beef
- 1 large egg
- 1/3 c. panko breadcrumbs
- 2 tbsp. barbecue sauce
- 1 tsp. garlic powder
- kosher salt
- Freshly ground black pepper
- 1 cup broccoli florets
- 1 cup baby carrots
- 1 cup cubed potatoes
- 1/2 onion, chopped
- 3 tbsp. extra-virgin olive oil
- 1 tsp. Italian seasoning
- Ketchup, BBQ sauce, or ranch dressing, for serving



1. Lay four 12"-x-12" pieces of foil out on a flat surface and spray with cooking spray. Preheat grill to medium-high heat.

2. Combine ground beef, egg, breadcrumbs, barbecue sauce, and garlic powder in a bowl and season with salt and pepper. Mix well. Form into four patties and place one in the center of each piece of foil.
3. In a medium bowl, combine broccoli, carrots, potatoes, onions, oil, and Italian seasoning and season with salt and pepper. Top hamburger patties with veggies. Fold the sides of the foil up over the hamburger and veggies to seal and form a packet.
4. Grill until hamburgers are fully cooked and veggies are tender, 10 minutes on each side. Serve immediately with ketchup, BBQ sauce, or ranch dressing.

Cook's Tip: These foil packets can be cooked in the oven at 375 degrees F for 60 minutes.

Taco-Stuffed Zucchini Boats

There's never a shortage of zucchini in summer, but there's often a shortage of good ways to use it. Turn your zukes into boats and stuff 'em with ground beef, queso fresco and diced peppers. Recipe courtesy of [Simply Recipes](#).

Total Recipe Time: 45 minutes

Makes 4 servings

Taco Filling

- 2 tablespoons olive oil
- 1-pound Lean Ground Beef
- 1/2 red onion, minced
- 1 jalapeño, seeds removed, and green parts minced
- 4 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon salt

For the zucchini:

- 4 medium zucchini, halved lengthwise
- 2 tablespoons olive oil
- 6 ounces queso fresco
- Sour cream, for garnish
- Diced red or orange bell pepper, for garnish
- Scallions, for garnish

1. **Make the taco filling:** Heat two tablespoons of olive oil in a medium skillet over medium heat. Add the ground beef and cook until browned, 5 to 6 minutes. Add the diced red onion and jalapeño, along with all spices, and cook for about 5 more minutes. Remove the taco filling from the heat and let it cool slightly. If there seems to be a lot of liquid in the mixture, drain it on paper towels before using. You could make this filling a day or two in advance; refrigerate until needed.
2. **Prep the zucchini for stuffing:** Preheat a gas or charcoal grill to medium heat (350°F to 400°F). Cut the zucchini in half lengthwise and brush the cut sides with two tablespoons of the olive oil. Place the zucchini on the grill, cut side down, and grill for 5 to 6 minutes. Remove from the grill. Once the zucchini are cooled slightly, use a spoon to scoop out the centers of the zucchini, leaving enough around the edges so they aren't flimsy.
3. **Stuff and grill the zucchini:** Use a slotted spoon to divide the taco filling between the zucchini halves, stuffing them full. Then crumble the queso fresco over each stuffed zucchini half. Return zucchini to the grill, placed upright like a boat, and cook for another 6 to 7 minutes, until the zucchini is tender when pierced and the cheese is bubbling and melted.
4. **Garnish and serve:** Remove the zucchini from the grill and garnish with a drizzle of sour cream, diced bell pepper, and diced scallion. Serve while warm.



Cook's Tip: Leftovers keep fine for a few days and can be reheated in a 350°F oven until warmed through, or, if you're in a rush, microwaved for one minute on high.

Hawaiian Beef Meatball Kabobs

Hawaiian Meatballs are a deliciously sweet and savory combo... and even better on the grill! They combine homemade beef meatballs with fresh pineapple, peppers, and red onion in a sticky pineapple glaze that everyone is sure to love! Recipe courtesy of [Lemon Tree Dwelling](#).

Recipe Time: 35 minutes

Makes 8 servings

- 2 pounds Ground Beef (93% lean or leaner)
- 1 cup panko breadcrumbs
- 2 large eggs
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 1 green bell pepper
- 1 red bell pepper
- 1 medium red onion
- 1/2 fresh pineapple

Sauce:

- 1 cup pineapple juice
- 1/2 cup brown sugar
- 1/4 cup rice wine vinegar
- 1/4 cup soy sauce
- 2 Tablespoons cornstarch

1. Cut the pineapple, bell peppers, and onion into 1-1/2 to 2-inch pieces.
2. In a large mixing bowl, combine the Ground Beef, breadcrumbs, eggs, soy sauce, garlic powder, onion powder, ginger and black pepper. Mix well.
3. Use your hands to form meatballs, using about 3 tablespoons of the mixture at a time.
4. Make the kabobs by alternating meatballs, peppers, onions, and pineapple on wooden or metal skewers.
5. Brush the grill grates with olive oil to prevent sticking. Grill over medium heat with the lid down for a total of 15 minutes, turning at least once.
6. While kabobs are grilling, combine the sauce ingredients in a small saucepan and whisk well. Bring the mixture to a boil, then reduce heat and stir until thickened (about 2 minutes).
7. Brush sauce generously over kabobs; remove from grill.
8. Serve with remaining sauce for dipping.

Nutrition information per serving: 363 calories; 8g total fat; 4g saturated fat; 0g trans fat; 4g unsaturated fat; 147mg cholesterol; 765mg sodium; 32g carbohydrates; 1g fiber; 18g sugar and 38g protein.

