

April 2021 TV Recipes—Meal Prep Beef Recipes

A little pre-planning can help you save time and money, while eating a nutritious, balanced meal on the go, at school or at the office! Keep your gang strong and focused for everyday success. Just brown-up, bake-up, sauté-up or grill-up these recipes ahead of time and enjoy pre-planned meals for the rest of the week.

Beef Sausage & Egg Muffin Cups

Make a breakfast on-the-go with these beef and egg muffin cups.

Total Recipe Time: 50 minutes

Makes 6 servings

- 1 recipe Basic Country Beef Breakfast Sausage (recipe follows)
- 1 can (4-1/2 ounces) chopped green chiles, undrained
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 5 large eggs
- 1/4 cup reduced-fat milk
- 1 to 2 teaspoons regular or chipotle hot pepper sauce
- **Toppings:** green onion or chives, tomato, salsa or hot sauce



1. Preheat oven to 375°F. Coat 12-cup standard muffin pan with cooking spray. Prepare Basic Country Beef Breakfast Sausage. Stir chiles and cheese into sausage mixture. Evenly divide mixture into prepared pan.

Basic Country Beef Breakfast Sausage: Combine 1 pound Ground Beef (93% lean 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, 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.

***Cook's Tip:** 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.*

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, 1/6 of recipe:** 220 Calories; 104.4 Calories from fat; 11.6g Total Fat (5 g Saturated Fat; 0.2 g Trans Fat; 1.1 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 218 mg Cholesterol; 451 mg Sodium; 3.1 g Total Carbohydrate; 0.9 g Dietary Fiber; 1.5 g Total Sugars; 25.4 g Protein; 0 g Added Sugars; 112.7 mg Calcium; 2.8 mg Iron; 343 mg Potassium; 1 mcg Vitamin D; 0.4 mg Riboflavin; 4.2 mg NE Niacin; 0.4 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 284 mg Phosphorus; 5.2 mg Zinc; 28.5 mcg Selenium; 188.8 mg Choline. This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Iron.*

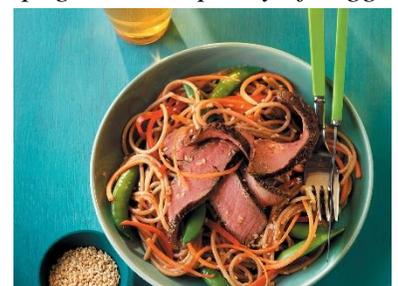
Grilled Steak and Asian Noodle Salad

Think of this as an Asian pasta salad topped with delicious steak. Plan ahead and make an extra steak the night before and enjoy this recipe all week for lunch. The recipe features whole grain spaghetti with plenty of veggies in an Asian-sesame dressing

Total Recipe Time: 45 minutes

Makes 4 servings

- 1 Top Sirloin Steak Boneless, cut 1-inch thick (about 1 pound)
- 6 ounces uncooked whole grain spaghetti
- 1 package (8 ounces) sugar snap peas
- 1 medium red bell pepper, thinly sliced



- 1 cup packaged shredded carrots
- Toasted sesame seeds (optional)

Marinade:

- 1/3 cup reduced-fat or regular Asian-sesame dressing
- 1/3 cup hoisin sauce
- 2 tablespoons fresh lime juice

1. Combine marinade ingredients in small bowl. Place beef steak and 3 tablespoon marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Cover and refrigerate remaining marinade until ready to use.
2. Remove steak from marinade; discard marinade. Place steak in center of grid over medium, ash-covered coals. Grill steak, uncovered, 17 to 21 minutes (over medium heat on preheated gas grill, covered, 13 to 16 minutes) for medium-rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, cook pasta per according to package directions, adding vegetables during last 3 minutes of cooking. Drain. Combine pasta and vegetables with reserved marinade in large bowl. Evenly divide among 4 bowls.
4. Carve steaks into slices. Evenly arrange beef over pasta and vegetables. Sprinkle with toasted sesame seeds, if desired.

***Nutrition information per serving:** 423 Calories; 81 Calories from fat; 9g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 50 mg Cholesterol; 502 mg Sodium; 48 g Total Carbohydrate; 9.3 g Dietary Fiber; 35 g Protein; 5.7 mg Iron; 8.5 mg NE Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.2 mg Zinc; 31.2 mcg Selenium; 114.4 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.*

Steak & Sugar Snap Pea Pasta Salad

Fresh and colorful, this steak and sugar snap pea salad is a proven winner! Make ahead and take to work for lunch. It is delicious cold or re-heated.

Recipe Time: 20 minutes

Makes 4 servings

- 12 ounces grilled beef steak, cut into slices
- 1 cup uncooked gemelli or corkscrew pasta
- 2 cups fresh sugar snap peas
- 1 cup grape or teardrop tomatoes , cut in half
- Salt and pepper

Dressing:

- 2 teaspoons fresh grated lemon peel
- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced



1. Cook pasta according to package directions. During last 2 minutes of cooking time, add sugar snap peas; drain.
2. Whisk Dressing ingredients in small bowl until well blended; set aside.
3. Combine pasta mixture, tomatoes and beef steak slices in large bowl. Drizzle pasta mixture with dressing; toss to coat evenly. Season with salt and pepper, as desired.

**Recipe adapted from and photo as seen in The Healthy Beef Cookbook, published by John Wiley & Sons*

***Nutrition information per serving:** 341 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 7 g Monounsaturated Fat;) 49 mg Cholesterol; 61 mg Sodium; 26 g Total Carbohydrate; 2.5 g Dietary Fiber; 31 g Protein; 3.4 mg Iron; 9.5 mg NE Niacin; 0.7 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.4 mg Zinc; 30.9 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.*

Sheet Pan Greek Meatballs with Vegetables

Meal Prep Sheet Pan Greek Meatballs with Vegetables is a delicious and easy meal prep recipe using Ground Beef and Mediterranean spices. It's a perfect make-ahead meal for your weekly meal prep!

Recipe Time: 40 minutes

Makes 8 servings

- 1 pound Ground Beef, 90% lean or leaner
- ¼ cup finely ground pita crackers
- ¼ cup feta cheese, finely chopped into small crumbles
- 1 egg, lightly beaten
- 2 cloves garlic, minced
- 1 lemon, juiced and zested, divided
- 1 tablespoon fresh oregano, finely chopped
- 3 tablespoons extra virgin olive oil
- 1 red onion, divided—2 tablespoons finely grated and the rest chopped into 1" pieces
- 2 teaspoons salt, divided
- 2 teaspoons freshly ground pepper, divided
- 3 zucchini, sliced into ½" circles
- 1 cup cherry tomatoes
- 3 red peppers, sliced into ½" chunks
- ¼ cup extra virgin olive oil
- 1 tablespoon Greek seasoning
- ½ cup Kalamata olives, drained and pitted
- 2 cups cooked Jasmine rice or cauliflower rice



1. Preheat oven to 450 degrees F.
2. Line three baking sheets with parchment paper. Place a cooling rack on top of one of the baking sheets covered in parchment for the meatballs to drain. Set aside.
3. In a large bowl, mix Ground Beef, pita cracker crumbs, finely crumbled feta (use a mini food processor for the cheese and pita crumbs), beaten egg, minced garlic, ½ of the lemon juice (juice of ½ a lemon), ½ of the lemon zest, fresh oregano, olive oil, 2 tablespoons grated red onion, 1 teaspoon salt and 1 teaspoon pepper.
4. Mix well, using your hands to thoroughly combine.
5. Form meatballs into 24, evenly sized, balls. They should be about the size of a golf ball or slightly larger. I use a small scoop for this.
6. Place meatballs onto the baking sheet with rack and set aside while you prep the vegetables
7. In another large bowl, combine chopped vegetables, Greek seasoning blend, remaining lemon juice and zest (of ½ the lemon), ¼ cup olive oil, olives, tomatoes and remaining 1 teaspoon of salt and 1 teaspoon pepper. Toss to blend.
8. Spread vegetables onto the remaining two baking sheets.
9. Bake meatballs and vegetables for 18-20 minutes. It was exactly 18 minutes to perfection in my oven.

Recipe Note: Each serving contains 3 meatballs. Macros: Fat- 21 grams, Carbs- 11 grams, Protein- 14 grams. You can lower the fat by using a leaner beef (92 or 96% lean and low-fat feta cheese) and increase the protein by adding extra meatballs to the individual serving.

Recipe courtesy of [Amee's Savory Dish](#).

Wisconsin Beef Council
957 Liberty Drive, Ste 201
Verona, WI 53593
Beeftips.com



Korean Ground Beef Bowls

Ground Beef cooked in a sweet and savory sauce and served over rice with roasted veggies. These easy Korean Ground Beef Bowls will be on your table in less time than it takes to order takeout! Or, packed for your lunch quicker than you can say "Go-Chu-Jang"!

Recipe Time: 30 minutes

Makes 4 servings

- 1 pound 90% lean Ground Beef
- 1 ½ cups uncooked long grain white rice, like Jasmine or Basmati
- ¼ cup reduced sodium soy sauce
- ¼ cup brown sugar
- 1 tablespoon sesame oil
- 1 tablespoon finely grated ginger root
- 1 teaspoon minced garlic
- ¼ teaspoon crushed red-pepper, or more to taste
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- Freshly ground black pepper to taste
- 2 green onions thinly sliced
- ¼ teaspoon sesame seeds
- Go-Chu-Jang Sauce optional topping



Veggies:

- 1 head broccoli or 2 crowns cut into florets
- 2 red bell peppers, cored and cut into large 2- to 3-inch pieces
- 1 sweet yellow onion, cut into about 6 chunks
- 2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 400 degrees F. Cook the rice according to package directions.
2. Transfer the veggies to a large, rimmed baking sheet and toss with 2 tablespoons olive oil. Season with salt and pepper, to taste. Transfer the baking sheet to the preheated oven and roast for 20 to 25 minutes, or until browned and fork tender, tossing with a spatula half-way through the cooking time.
3. While the veggies are roasting, whisk together the soy sauce, brown sugar, sesame oil, ginger root, garlic, and crushed red pepper in a small bowl.
4. Heat vegetable oil in a 12-inch skillet over MEDIUM-HIGH heat. Add the ground beef and cook, stirring to break up the meat, until browned and crumbled. Drain off excess grease if needed, return the skillet to the heat, and season with ½ teaspoon salt and black pepper, to taste.
5. Stir in the soy sauce mixture and cook, stirring occasionally for 2 to 3 minutes, to allow the beef to absorb some of the flavorful sauce. Remove from the heat and garnish with green onion and sesame seeds.
6. Serve beef over cooked rice with the roasted veggies. For a deliciously spicy kick, top the bowls with Go-Chu-Jang, if desired.

Cook's Tip: Fresh ginger root adds a distinctive flavor that is an important component to this recipe. I always have unpeeled fresh ginger root in a small resealable plastic freezer bag in my freezer. It stays fresh for a month or more and is easier to grate from the frozen state. To add it to recipes, use a microplane zester or cheese grater.

Cook's Tip: Gochujang sauce is an optional topping for these Korean Ground Beef Bowls. It's a bright red, sweet and spicy sauce made with red chile paste that adds a ton of flavor. You can keep the beef mild and those who like things spicy can add a drizzle of gochujang. It has gained in popularity and can be found in the Asian section of most major grocery stores.

Recipe courtesy of [Valerie's Kitchen](#).

Nutrition information per serving (1/4 of recipe):

Serving: 1 bowl | Calories: 511kcal | Carbohydrates: 41g | Protein: 30g | Fat: 26g | Saturated Fat: 9g | Cholesterol: 74mg | Sodium: 972mg | Potassium: 1132mg | Fiber: 6g | Sugar: 23g | Vitamin A: 2907IU | Vitamin C: 217mg | Calcium: 130mg | Iron: 5mg