

## **September 2021 TV Recipes—Back to School Beef Recipes**

*Back-to-school time always comes faster than you think. In the blink of an eye, summer vacation is coming to a close, and it's already time to go school supplies shopping. Making that transition from a flexible summer schedule to a structured school week with early mornings and busy nights can be tough for the kiddos (and parents). For busy school nights, quick and easy meals are a total lifesaver.*

*\*Nutrition information per serving can be found on [beeftips.com](http://beeftips.com).*

### **Beefy PB & J Wraps**

*Not your average PB & J, or a sandwich at all. Peanut butter and jelly combined together with an Asian-style sauce make this wrap a must try for adults and kids alike.*

**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 red 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, if necessary. Return beef to skillet; season with pepper.

***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. 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.

### **Loaded Cheeseburger Macaroni**

*Jazz up a boxed hamburger meal dinner with a couple more ingredients and you'll have a super tasty, 30-minute weeknight meal!*

**Total Recipe Time: 30 minutes**

Makes 5 servings

- 1-pound lean Ground Beef
- 1 cup chopped onion
- 1 clove garlic, finely chopped
- 3/4 cup hot water
- 2 cups milk
- 1 box Hamburger Helper™ cheeseburger macaroni
- 1 can (14.5 oz) diced tomatoes, undrained
- 2 tablespoons sweet pickle relish
- 2 tablespoons yellow mustard



1. In 12-inch skillet, brown Ground Beef, onion and garlic over medium-high heat, stirring frequently, until thoroughly cooked; drain.
2. Stir in hot water, milk, sauce mix and uncooked pasta (from Hamburger Helper box), tomatoes, pickle relish and mustard. Heat to boiling, stirring occasionally.
3. Reduce heat; cover and simmer about 12 minutes, stirring occasionally, until pasta is tender.

*Recipe courtesy of [Betty Crocker](http://BettyCrocker.com).*

## Greek-Style Beef & Cheese Ravioli

*Make a Mediterranean-style meal in minutes. Add cooked Ground Beef, vegetables and a tomato sauce to store-bought pasta for a quick and easy weeknight meal.*

**Total Recipe Time: 30 minutes**

Makes 4 servings

- 1 pound lean Ground Beef
- 1 package (9 ounces) refrigerated cheese ravioli
- 2 cans (14-1/2 ounces each) diced tomatoes with basil, garlic and oregano
- 2 cups lightly packed fresh baby spinach
- 1/2 cup pitted ripe olives
- 1/2 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 8 to 10 minutes, breaking into 3/4-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.*

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.

## Santa Fe Corn Chili

*This easy to make chili packs big flavor from sweet corn and green chilies. Finish it off with a spoonful of sour cream spiked with pepper sauce.*

**Total Recipe Time: 30 minutes**

Makes 4 servings

- 1 pound lean Ground Beef
- 1 teaspoon minced garlic
- 1 can (15-1/2 ounces) red kidney beans, drained
- 1 can (15-1/4 ounces) sweet corn, drained
- 1 can (15 ounces) tomato sauce
- 1 can (14-1/2 ounces) diced tomatoes with mild green chilies, undrained
- 1 package (1-1/4 ounces) chili seasoning mix

**Sauce:**

- 3/4 cup dairy sour cream
- 1-1/2 teaspoons green hot pepper sauce

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, if necessary

***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. Stir in beans, corn, tomato sauce, tomatoes, and chili seasoning; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally.
3. Meanwhile combine sour cream and pepper sauce in small bowl. Serve with chili.



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## English Muffin Cheeseburger Pizzas

*Cheeseburgers and pizza? Two of our favorite things, combined into one.*

**Total Recipe Time: 30 minutes**

Makes 6 servings

- 1-1/2 pounds Ground Beef (95% lean)
- 2 cups pasta sauce (any variety)
- 1 cup diced onion
- 1 cup diced red bell pepper
- 1 tablespoon plus 1 teaspoon dried Italian seasoning
- 1/4 teaspoon salt
- 6 English muffins, split, toasted
- 1/2 cup reduced-fat shredded Cheddar cheese
- 1/4 cup reduced-fat shredded mozzarella cheese



1. Preheat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, onion, bell pepper, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, 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. Top each muffin half evenly with beef mixture and cheeses. Bake at 400°F 5 to 7 minutes or until cheese is melted.

## Roast Beef & Veggie Wraps

*Want to change up the traditional Roast Beef sandwich? Try it as a wrap with some broccoli slaw that parents and kids will both love.*

**Total Recipe Time: 15 minutes**

Makes 4 servings

- 12 ounces cooked beef roast or deli roast beef, thinly sliced
- 2 cups shredded broccoli slaw
- ¼ cup plus 2 tablespoons reduced-fat or fat-free ranch dressing, divided
- 1/2 cup reduced-fat or fat-free cream cheese, softened
- 4 flour medium tortillas (8 to 10-inch diameter)



1. Mix broccoli slaw and 1/4 cup ranch dressing in medium bowl; mix with 2 forks to coat evenly.
2. Combine cream cheese and remaining 2 tablespoons ranch dressing in small bowl; mix well with rubber spatula.
3. Place tortilla on a cutting board or other flat surface. Spread about 2-1/2 tablespoons cream cheese mixture on tortilla using a rubber spatula.
4. Top cream cheese with 1/4 roast beef slices in an even layer.
5. Place approximately 1/3 cup of broccoli mixture on roast beef. Using rubber spatula or back of a spoon, spread broccoli mixture in an even layer.
6. Starting at the bottom edge, roll tortilla up tightly to enclose filling.
7. Repeat steps 3 through 6 to make 3 remaining wraps.

## Beef & Cream Cheese Bagelwich

*Think bagel and lox, but sub in your favorite steak or Roast Beef. Yep, our mouth is watering too.*

Recipe Time: 15 minutes

Makes 4 servings

- 12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced
- 4 thin-style flavored bagels or regular bagels, split
- 1/3 cup reduced-fat cream cheese
- 2 tablespoons nonpareil capers
- 8 thin slices tomato
- 4 thin slices red onion, separated into rings
- Nonpareil capers (optional)



1. Spread cream cheese evenly on cut sides of each bagel half. Evenly sprinkle capers over cream cheese. Evenly top with tomato slices and onion rings; top with beef. Garnish with additional capers, if desired. Serve immediately or refrigerate until ready to eat.

## Mediterranean Beef & Veggie Wraps

*In about 10 minutes you've got an easy, portable Mediterranean beef wrap made with common ingredients and fresh vegetables.*

**Total Recipe Time: 15 minutes**

Makes 4 servings

- 12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced
- 4 medium whole wheat flour tortillas (8 to 10-inch diameter)
- Hummus, any variety or Garlicky White Bean Spread (recipe follows)
- Fresh salad greens (such as baby spinach, arugula, mixed salad greens or thinly sliced Romaine)

### **Vegetables:**

- Grape tomatoes halves, shredded carrots, red bell pepper strips, thinly sliced cucumber, thinly sliced red onion



1. Spread each tortilla evenly with hummus, as desired, leaving 1/4-inch border around edge. Top with equal amounts salad greens and vegetables, as desired. Top evenly with and beef slices. Roll up tightly.

**Garlicky White Bean Spread:** Combine 1 can (15-1/2 ounces) great Northern or cannellini beans, rinsed, drained, 2 tablespoons water, 1 tablespoon lemon juice, 1 tablespoon olive oil, 1 teaspoon white wine vinegar, 1 small clove garlic, minced and 1/2 teaspoon salt in blender or food processor. Blend until smooth.