

## **April 2023 TV —"Breakfast for Dinner" Beef Recipes**

*There's something comforting and satisfying about a hot breakfast! Not to mention, eating a protein-rich breakfast keeps you feeling full longer, which may result in less snacking throughout the day. OR, try these recipes for dinner. You will be surprised how easy and satisfying that is.*

### **Beef and Veggie Frittata**

*Add this excellent dish to any brunch (or enjoy for dinner) and wow your family and friends. It's loaded with Ground Beef, red potatoes, zucchini, tomato, and fresh basil.*

Total Recipe Time: 50 minutes

Makes 6 servings

- 1 pound Ground Beef (93% lean or leaner)
- 4 small red-skinned new potatoes (about 6 ounces), cut into 6 wedges each
- 1/2 cup water
- 1 cup thinly sliced yellow onion
- 1 small zucchini, cut lengthwise in half, then crosswise into 1/4-inch-thick slices
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 6 large eggs
- 2 tablespoons chopped fresh basil
- 3 tablespoons shredded Italian cheese blend
- 1/2 cup chopped tomato



1. Heat oven to 350°F. Combine potatoes and water in 10-inch nonstick ovenproof skillet; bring to a boil. Reduce heat; cover and simmer 8 to 10 minutes or until potatoes are tender. Remove from skillet; keep warm. Pour off remaining water from skillet, if necessary.
2. Brown Ground Beef with onion in same skillet over medium heat 6 minutes, breaking beef up into 3/4-inch crumbles. Add zucchini. Cook 2 to 3 minutes or until zucchini is just tender. Pour off drippings. Return potatoes to skillet. Add 1/2 teaspoon salt and 1/4 teaspoon pepper; mix thoroughly.

***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. Whisk eggs, basil and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in large bowl. Pour evenly over beef mixture. Sprinkle with cheese. Bake in 350°F oven about 18 to 20 minutes or until eggs are set.
4. Sprinkle frittata with tomato. Cut into 4 to 6 wedges.

***Nutrition information per serving, using 93% lean ground beef:** 355 Calories; 144 Calories from fat; 16g Total Fat (6 g Saturated Fat; 6 g Monounsaturated Fat; 357 mg Cholesterol; 806 mg Sodium; 14 g Total Carbohydrate; 2.2 g Dietary Fiber; 37 g Protein; 4.7 mg Iron; 9.4 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 2.9 mcg Vitamin B<sub>12</sub>; 7.3 mg Zinc; 41.6 mcg Selenium; 314.8 mg Choline.*

### **Beef and Potato Spanish Tortilla**

*Looking to try something different for breakfast? Or dinner? Combine Mexican-Style Beef Sausage with eggs, potatoes, and onions for a unique and flavorful meal.*

Total Recipe Time: 50 minutes

Makes 6 servings

- 1 recipe Mexican-Style Beef Sausage (recipe follows)
- 2 tablespoons olive oil
- 1-1/2 pounds peeled russet (baking) potatoes, cut in half lengthwise, then crosswise into 1/8-inch slices
- 1 medium onion, thinly sliced
- 6 large eggs, beaten
- 1/2 cup shredded Manchego or Mexican blend cheese (optional)



1. Preheat oven to 350°F. Prepare Mexican-Style Beef Sausage. Remove from skillet; keep warm.  
**Mexican-Style Beef Sausage:** Combine 1 pound Ground Beef (93% lean or leaner), 2 tablespoons red wine vinegar, 1-1/2 teaspoons dried oregano, 1-1/2 teaspoons chili powder, 1-1/2 teaspoons smoked paprika, 1 teaspoon garlic powder, 1/2 teaspoon salt and 1/2 teaspoon chipotle chili powder in large mixing 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, 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. Heat oil in same skillet over medium heat until hot. Add potatoes and onion; cover and cook 9 to 11 minutes or until onion and potatoes are tender and edges begin to brown, stirring frequently. Season with salt and pepper, as desired.
3. Return sausage to skillet; stir to combine. Pour eggs over sausage mixture; gently shaking pan to distribute eggs evenly.
4. Bake, uncovered, in 350°F oven 13 to 15 minutes or until eggs are set. Remove from oven; top with cheese, if desired. Let stand 2 to 4 minutes or until melted.

*Nutrition information per serving:* 348 Calories; 134.1 Calories from fat; 14.9g Total Fat (4.5 g Saturated Fat; 0.1 g Trans Fat; 1.8 g Polyunsaturated Fat; 7.3 g Monounsaturated Fat;) 242 mg Cholesterol; 340 mg Sodium; 28 g Total Carbohydrate; 2.6 g Dietary Fiber; 3 g Total Sugars; 26 g Protein; 0 g Added Sugars; 53.6 mg Calcium; 3.6 mg Iron; 828 mg Potassium; 42.3 mcg Vitamin D; 0.4 mg Riboflavin; 5.9 mg NE Niacin; 0.7 mg Vitamin B6; 2.3 mcg Vitamin B12; 315 mg Phosphorus; 5.4 mg Zinc; 30 mcg Selenium; 228 mg Choline.

## Spicy Beef Chorizo Breakfast Strata

*This Ground Beef-based, lower calorie sausage brings the bold, spicy flavors of Chorizo to a savory blend of eggs, bread, red pepper and spinach.*

Total Recipe Time: 1 hour 30 minutes

Makes 6 servings

- 1 recipe Mexican-Style Beef Sausage
- 1 cup chopped red bell pepper
- 2 cups packed fresh baby spinach
- 6 large eggs
- 1/2 teaspoon salt
- 2 cups skim milk
- 1/4 teaspoon black pepper
- 8 cups day-old French bread cubes (1-inch)
- 1-1/2 cups reduced-fat or regular shredded Monterey Jack cheese

### Toppings (optional):

- Salsa, chopped green onions, chopped tomatoes, dairy sour cream (optional)



1. Preheat oven to 350°F. Prepare Mexican-Style Beef Sausage. Stir in bell pepper and spinach; set aside.  
**Mexican-Style Beef Sausage:** Combine 1 pound Ground Beef (93% lean or leaner), 2 tablespoons red wine vinegar, 1-1/2 teaspoons dried oregano leaves, 1-1/2 teaspoons smoked paprika, 1-1/2 teaspoons chili powder, 1 teaspoon garlic powder, 1/2 teaspoon salt and 1/2 teaspoon chipotle chili powder in large mixing 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.
2. Meanwhile, beat eggs, milk, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in large bowl until blended. Stir in bread and 1 cup cheese. Stir in sausage mixture.
3. Spray 3-quart shallow baking dish with nonstick cooking spray. Pour sausage mixture into prepared dish. Top evenly with the remaining 1/2 cup cheese. Cover with aluminum foil; bake in 350°F oven 40 minutes. Remove foil; continue baking 10 to 15 minutes or until puffed and lightly browned. Let stand 5 minutes before serving. Garnish with toppings, if desired.

*Cook's Tip:* Sausage and egg mixture can be prepared ahead of time. Pour into prepared pan and top with cheese. Cover with aluminum foil and refrigerate 6 hours or as long as overnight. Increase baking time to 50 minutes before removing the aluminum foil.

*Nutrition information per serving:* 638 Calories; 216 Calories from fat; 24g Total Fat (11 g Saturated Fat; 6 g Monounsaturated Fat;) 371 mg Cholesterol; 1501 mg Sodium; 48 g Total Carbohydrate; 4.1 g Dietary Fiber; 53 g Protein; 0 mg Calcium; 7.3 mg Iron; 12.4 mg NE Niacin; 0.7 mg Vitamin B6; 3.3 mcg Vitamin B12; 7.5 mg Zinc; 58.5 mcg Selenium; 322.3 mg Choline.

## Beef Breakfast Pizza Ole

Craving something new for breakfast? Or try this Mexican-Style beef breakfast pizza using Basic Country Breakfast Sausage for dinner.

Total Recipe Time: 45 minutes

Makes 6 servings

- 1 recipe Basic Country Beef Breakfast Sausage
- 1/2 cup salsa Verde
- 1 package (11 to 14 ounces) thin crust refrigerated pizza dough
- 3/4 cup diced tomatoes
- 1/2 cup reduced fat shredded Mexican blend cheese
- 6 eggs
- 2 tablespoons thinly sliced green onions
- Garnish with more salsa Verde



1. Preheat oven to 425°F. Prepare Basic County Beef Breakfast Sausage. Stir in salsa Verde.  
**Basic Country Beef Breakfast Sausage:** Combine 1 pound Ground Beef (96% lean), 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 a large nonstick skillet over medium high heat until hot. Add beef mixture; 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 beef sausage. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
2. Meanwhile, coat large shallow-rimmed baking sheet with nonstick cooking spray. Unroll dough on prepared baking sheet. Pat or roll evenly to 11 by 14-inch rectangle, pinching together any tears, if needed. Bake 8 minutes. Remove from oven and top evenly with beef mixture, tomatoes, and cheese. Make six "wells" in beef mixture and crack one egg in each "well." *Cook's Tip:* Scrambled eggs may be used in place of over easy eggs if desired.
3. Bake in 425°F oven 13 to 18 minutes or until desired doneness of egg is reached. Remove from oven; sprinkle with green onions. Cut into six pieces. Serve with additional salsa, as desired.

**Nutrition information per serving:** 400 Calories; 126 Calories from fat; 14g Total Fat (5 g Saturated Fat; 0 g Trans Fat; 1.2 g Polyunsaturated Fat; 4 g Monounsaturated Fat;) 245 mg Cholesterol; 1020 mg Sodium; 35 g Total Carbohydrate; 1 g Dietary Fiber; 31 g Protein; 5 mg Iron; 420 mg Potassium; 1.6 mg NE Niacin; 0.4 mg Vitamin B6; 2.3 mcg Vitamin B12; 5.8 mg Zinc; 29.3 mcg Selenium; 211.1 mg Choline.

## Beef Sausage and Cheddar Monkey Bread

Mexican-style beef sausage is baked into a cheesy pull-apart bread. Perfect for breakfast, brunch, lunch or dinner.

Total Recipe Time: 1 hour 15 minutes

Makes 12 servings

- 1 recipe Mexican-Style Beef Sausage
- 2 cans (7-1/2 ounces each) refrigerated buttermilk flavored biscuits
- 1-1/2 cups reduced-fat shredded Cheddar cheese
- 1/2 cup chopped green onion
- 1/4 cup olive oil
- 1/2 cup Mexican crema or dairy sour cream

1. Prepare Mexican-Style Beef Sausage. Set aside.



**Mexican-Style Beef Sausage:** Combine 1 pound Ground Beef, 2 tablespoons red wine vinegar, 1-1/2 teaspoons dried oregano leaves, 1-1/2 teaspoons smoked paprika, 1-1/2 teaspoons chili powder, 1 teaspoon garlic powder, 1/2 teaspoon salt and 1/2 teaspoon chipotle chili powder 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. Preheat oven to 350°F. Open biscuit cans; cut each biscuit into quarters. Place biscuits into large bowl. Add sausage mixture, cheese, onion and oil; gently toss until well combined.
3. Generously coat Bundt pan with cooking spray. Place sausage and biscuit mixture in prepared pan. Bake in 350°F oven 30 to 35 minutes until top is golden brown and biscuits are set. Remove from oven; immediately invert onto serving plate. Let rest for 10 minutes. Drizzle with crema, as desired.

**Nutrition information per serving:** 263 Calories; 138.6 Calories from fat; 15.4g Total Fat (5.6 g Saturated Fat; 0.4 g Trans Fat; 0.8 g Polyunsaturated Fat; 5.5 g Monounsaturated Fat;) 41 mg Cholesterol; 616 mg Sodium; 17 g Total Carbohydrate; 0.5 g Dietary Fiber; 15 g Protein; 2.1 mg Iron; 177 mg Potassium; 2.2 mg NE Niacin; 0.2 mg Vitamin B<sub>6</sub>; 1.2 mcg Vitamin B<sub>12</sub>; 2.8 mg Zinc; 9.6 mcg Selenium; 35.6 mg Choline.

## Savory Beef Brunch Waffles

Add some more flavor and protein by including Country-Style Beef Breakfast Sausage to your waffles.

Total Recipe Time: 20 minutes

Makes 10 servings

- 1 recipe Basic Country Beef Breakfast Sausage
- 2 cups all-purpose baking mix
- 1 large egg
- 1-1/3 cups reduced fat or skim milk
- 2 tablespoon vegetable oil
- 1/2 cup shredded Cheddar cheese

### Toppings (optional):

- Maple syrup, hot sauce, sour cream



1. Prepare Basic Country Beef Breakfast Sausage. Set aside. Whisk together baking mix, egg, milk and vegetable oil in large bowl until smooth. Stir in cheese and sausage.

**Country-Style Beef Breakfast Sausage:** Combine 1 pound Ground Beef (93% 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 and 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat a large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles, 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. Preheat waffle iron according to manufacturer's directions. Place 1/2 cup waffle batter in waffle iron for each waffle and cook for 4 to 6 minutes or until waffles are golden brown. Top with toppings, if desired.

**Cook's Tip:** Place leftover waffles in a single-layer in a food-safe plastic bag; close bag securely and store in refrigerator or freezer. To reheat refrigerated waffle, place waffle in a toaster and toast 4 to 6 minutes or until waffle is heated through. Frozen waffles can be reheated in a 350°F oven 15 minutes, or in a toaster 5 to 6 minutes.

**Nutrition information per serving:** 292 Calories; 135.9 Calories from fat; 15.1g Total Fat (4.8 g Saturated Fat; 1.2 g Trans Fat; 2.4 g Polyunsaturated Fat; 3.3 g Monounsaturated Fat;) 73 mg Cholesterol; 625 mg Sodium; 23 g Total Carbohydrate; 0.1 g Dietary Fiber; 19 g Protein; 141 mg Calcium; 2.4 mg Iron; 298 mg Potassium; 0.7 mcg Vitamin D; 0.3 mg Riboflavin; 4.4 mg NE Niacin; 0.2 mg Vitamin B<sub>6</sub>; 1.7 mcg Vitamin B<sub>12</sub>; 198 mg Phosphorus; 3.7 mg Zinc; 15.8 mcg Selenium; 73.1 mg Choline.

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