

September 2022 TV —Back-to-School Recipes

Whether you're perusing your local farmers market or buying your produce at the neighborhood grocery, we're here to give you some inspiration for a few out-of-the-ordinary salad recipes you can enjoy all year long!

Beef and Egg Breakfast Mugs

Looking for a quick and easy breakfast with a boost of protein? Add Beef Breakfast Sausage to scrambled eggs and microwave in a mug. This one travels well too.

Recipe time: 10 minutes

Makes 8 servings

- 1 recipe Basic Country Beef Breakfast Sausage
- 1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini or green onion
- 1/2 cup shredded reduced-fat cheese such as Cheddar, Monterey Jack or American
- 8 large eggs
- Salt and pepper (optional)

Toppings (optional): Dairy sour cream, salsa, sriracha, ketchup



1. Prepare **Basic Country 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 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. Remove skillet from heat; let cool 10 minutes, stirring occasionally. Evenly divide beef and vegetables into eight food-safe quart-size plastic bags. Close securely and refrigerate up to 4 days.

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. For each serving, spray one 6 to 12-ounce microwave-safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 tablespoon water; whisk with fork. Stir in 1 bag refrigerated sausage-vegetable mixture.
4. Microwave, uncovered, on HIGH 30 seconds. Remove from oven; stir. Continue to microwave on HIGH 30 to 60 seconds or until egg is just set. Stir. Top with cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with Toppings, if desired.

Taco Seasoning Variation: Prepare beef as directed above, substituting 1 packet (1 ounce) reduced-sodium taco seasoning mix for herbs and seasonings in sausage in step 1.

Nutrition information per serving: 178 Calories; 81 Calories from fat; 9g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat;) 225 mg Cholesterol; 297 mg Sodium; 2 g Total Carbohydrate; 0.4 g Dietary Fiber; 21 g Protein; 2.3 mg Iron; 4.9 mg NE Niacin; 0.3 mg Vitamin B6; 1.6 mcg Vitamin B12; 3.8 mg Zinc; 25.4 mcg Selenium; 188.6 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Iron, and Vitamin B6.

957 Liberty Drive, Ste 201
Verona, WI 53593
800.728.BEEF
www.Beeftips.com



Saucy Beef with Baked Eggs

Try something new for breakfast. Traditionally known as Shakshouka, Ground Beef and eggs are baked in a spicy tomato sauce. Use rustic-style bread to scoop up every last bit.

Recipe time: 45 minutes

Makes 6 servings

- 1 pound Ground Beef (93% lean or leaner)
- 2 medium jalapeño peppers, finely chopped
- 2 tablespoons minced garlic
- 2 tablespoons smoked paprika
- 1 tablespoon ground cumin
- 2 cans (15 ounces each) no-salt added or regular tomato sauce
- 6 large eggs
- 6 slices Rustic-style bread, toasted
- Fresh cilantro leaves

1. Preheat oven to 400°F. Heat large ovenproof nonstick skillet over medium heat until hot. Add Ground Beef, jalapeño peppers, garlic, paprika and cumin; cook 8 to 10 minutes, breaking beef into small crumbles and stirring occasionally. Stir in tomato sauce; continue to cook 3 to 5 minutes or until sauce is slightly reduced, stirring frequently.

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. With back of spoon, make six indentations into sauce. Break one egg into each indentation. Place pan in oven and bake, uncovered, 16 to 17 minutes or until egg whites are completely set and yolks begin to thicken but are not hard.
3. Spoon beef mixture and eggs evenly over bread slices. Garnish with cilantro, as desired.

Nutrition information per serving, 93% Ground Beef, using 1 can regular tomato sauce and 1 can unsalted tomato sauce: 411 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat;) 236 mg Cholesterol; 810 mg Sodium; 44 g Total Carbohydrate; 4.2 g Dietary Fiber; 31 g Protein; 6.5 mg Iron; 10.2 mg NE Niacin; 0.5 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 5.3 mg Zinc; 43.3 mcg Selenium; 215.8 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

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.

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.

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.

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 NE Niacin; 0.3 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 5.3 mg Zinc; 19.1 mcg Selenium. This recipe is an excellent source of Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Iron, and Vitamin B6.

Rock 'n Roll Beef Wraps

A colorful way to introduce quinoa to your kids with ranch-seasoned Ground Beef and slaw.

Recipe time: 45 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup water
- 1/3 cup uncooked quinoa
- 2 tablespoons dry ranch dressing mix
- 1/4 teaspoon black pepper
- 2 cups packaged broccoli or coleslaw mix
- 4 medium whole grain or spinach tortillas (7 to 8-inch diameter)



Toppings (optional): Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds, chow mein noodles

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Pour off drippings, as 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 water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.
3. Divide beef mixture evenly among tortillas; garnish with toppings, as desired. Fold over sides of tortillas and rolling up to enclose filling.

Cook's Tip: Romaine or iceberg lettuce leaves can be substituted for tortillas.

Nutrition information per serving using 93% lean ground beef: 509 Calories; 106.2 Calories from fat; 11.8g Total Fat (4.4 g Saturated Fat; 0.2 g Trans Fat; 2.3 g Polyunsaturated Fat; 4 g Monounsaturated Fat;) 84 mg Cholesterol; 1130 mg Sodium; 33 g Total Carbohydrate; 1.4 g Dietary Fiber; 2.1 g Total Sugars; 31 g Protein; 0 g Added Sugars; 170.9 mg Calcium; 4.6 mg Iron; 516 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 6.4 mg NE Niacin; 0.5 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 279 mg Phosphorus; 6.8 mg Zinc; 22 mcg Selenium; 102.9 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, and Selenium; and a good source of Calcium, Potassium, Riboflavin, and Choline.

One Pot Lasagna

Less muss and less fuss, but still oh-so-satisfying. Blend all the basics—Ground Beef, zucchini, pasta, sauce and cheese—in a single pot, then finish in the oven. Recipe developed by Oh Sweet Basil and The Beef Checkoff.

Total recipe time: 50 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 medium zucchini, chopped (about 1-1/2 cups)
- 1 jar (24 to 26 ounces) garden-style pasta sauce
- 2 cups water
- 1/2 teaspoon pepper
- 6 ounces uncooked mini bow tie (farfalle) pasta (about 2-1/8 cups)
- 2/3 cup reduced-fat ricotta cheese
- 1 cup reduced-fat shredded mozzarella cheese
- Thinly sliced or chopped fresh basil



1. Preheat oven to 375°F. Heat ovenproof 5 to 6-quart Dutch oven or stockpot over medium heat until hot. Add Ground Beef and zucchini; cook 8 to 10 minutes, breaking beef into small 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. Stir in pasta sauce, water and pepper. Bring to a boil, stirring occasionally. Remove from heat. Stir in pasta. Spoon heaping teaspoons ricotta cheese over top of sauce. Slightly swirl ricotta into sauce, not mixing in completely.
3. Cover and bake in 375°F oven 10 minutes. Uncover. Sprinkle with mozzarella cheese. Bake 7 to 10 minutes or until pasta is tender. Let stand 5 minutes. Sprinkle with basil before serving.

Skillet-Stovetop Method: Prepare recipe as directed above using 12-inch nonstick skillet and adding uncooked pasta with pasta sauce, water and pepper in step 2. Bring to a boil, stirring occasionally. Reduce heat; cover and cook on stovetop 8 to 11 minutes (13 to 15 minutes for regular bow tie pasta) or until pasta is tender, stirring once. Remove from heat. Swirl ricotta into sauce as directed in step 2. Sprinkle with mozzarella cheese. Cover and let stand 5 minutes or until mozzarella cheese is melted.

Nutrition information per serving, 1/4 of recipe: 561 Calories; 172.8 Calories from fat; 19.2g Total Fat (8.4 g Saturated Fat; 0.2 g Trans Fat; 1 g Polyunsaturated Fat; 5.8 g Monounsaturated Fat;) 114 mg Cholesterol; 919 mg Sodium; 53 g Total Carbohydrate; 1.5 g Dietary Fiber; 14.9 g Total Sugars; 45 g Protein; 0 g Added Sugars; 349 mg Calcium; 5.4 mg Iron; 1107 mg Potassium; 8.5 mcg Vitamin D; 0.5 mg Riboflavin; 9.3 mg NE Niacin; 0.5 mg Vitamin B₆; 3.4 mcg Vitamin B₁₂; 526 mg Phosphorus; 8.6 mg Zinc; 61.8 mcg Selenium; 110.5 mg Choline.

Beef Jerky Trail Mix

Total recipe time: 5 minutes

Makes 8 servings

- 1 cup chopped beef jerky
- 1/2 cup whole almonds
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds



1. Mix all ingredients in medium bowl. Store in an airtight container in the refrigerator.

Nutrition information per serving, 1/4 cup per serving: 149 Calories; 90 Calories from fat; 10g Total Fat (2.1 g Saturated Fat; 0 g Trans Fat; 2.6 g Polyunsaturated Fat; 4.8 g Monounsaturated Fat;) 7 mg Cholesterol; 295 mg Sodium; 8.5 g Total Carbohydrate; 2.1 g Dietary Fiber; 5.4 g Total Sugars; 7.5 g Protein; 1.3 g Added Sugars; 30.1 mg Calcium; 1.3 mg Iron; 187 mg Potassium; 0 mcg Vitamin D; 0.1 mg Riboflavin; 1.4 mg NE Niacin; 0.1 mg Vitamin B₆; 0.1 mcg Vitamin B₁₂; 147 mg Phosphorus; 1.7 mg Zinc; 5.1 mcg Selenium; 22.8 mg Choline.