#### September 2023 TV —Back-to-School with Beef

Back-to-school time always comes faster than you think. In the blink of an eye, summer vacation is coming to a close, and its 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.

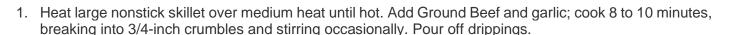
### Fresh Tomato, Beef and Penne Pasta

This recipe offers lots of flavor with little time and few ingredients. Penne pasta is tossed with Ground Beef and fresh tomatoes for a meal that's perfect for any night of the week.

Total recipe time: 25 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 3 teaspoons fresh minced garlic
- 2 cups chopped tomatoes
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups uncooked penne pasta, cooked
- 2 tablespoons sliced fresh basil leaves
- 3 tablespoons grated Parmesan cheese



**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 tomatoes, salt and pepper; cook over medium heat 5 minutes, stirring occasionally. Add pasta and basil; toss. Sprinkle with cheese.

Nutrition information per serving: 342 Calories; 88.2 Calories from fat; 9.8g Total Fat (4 g Saturated Fat; 0.03 g Trans Fat; 0.7 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 87 mg Cholesterol; 583 mg Sodium; 31 g Total Carbohydrate; 2.3 g Dietary Fiber; 32 g Protein; 4.6 mg Iron; 685 mg Potassium; 9.3 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 7.3 mg Zinc; 45 mcg Selenium; 106.6 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Potassium, and Choline.

## **Creamy Ground Beef Pasta Soup**

This recipe is perfect for busy parents that don't want to spend a lot of time cooking a meal that their kids don't want to eat! This recipe is also for anyone who just wants an affordable and delicious meal.

Total Recipe Time: 30 Minutes

Makes 6 servings.

- 1 pound lean Ground Beef
- 1 medium onion, chopped
- 2 teaspoons Italian seasoning
- 2-3 cloves minced garlic
- Salt and pepper to taste
- 4 cups beef stock
- 1 jar (24 oz) spaghetti sauce
- 1 can (15 oz) tomato sauce
- 2 cups uncooked pasta
- 4 oz cream cheese





- Fresh basil, optional
- Parmesan cheese, optional
- 1. Heat large nonstick stock pot over medium heat until hot. Add Ground Beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings, if needed. Add Italian seasoning, garlic, salt and pepper, to taste. *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. Add beef stock, spaghetti sauce, tomato sauce and pasta to pot and let simmer for approximately 10-12 minutes or until pasta is al dente.
- 3. Add cream cheese and mix well. Continue simmering until pasta is tender and soup is thickened to your liking. Garnish with fresh basil and parmesan cheese.

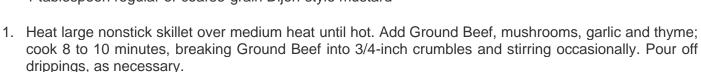
## **One-Dish Beef Stroganoff**

Combine Ground Beef and simple ingredients in one skillet for a crowd-pleasing Beef Stroganoff recipe that doesn't require much work.

Total recipe time: 40 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1/2 pound sliced button or cremini mushrooms
- 3 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme or 1 tsp dried thyme leaves
- 2 cups uncooked whole grain wide noodle-style pasta
- 1 can (14-1/2 ounces) reduced-sodium beef broth
- 1 cup frozen peas
- 1/4 cup regular dairy sour cream plus additional for topping
- 1 tablespoon regular or coarse-grain Dijon-style mustard



**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 noodles and broth into beef mixture. Bring to a boil. Cover and cook 9 to 10 minutes or until noodles are tender, stirring twice. Stir in peas; continue cooking, uncovered, 3 to 5 minutes or until peas are heated through, stirring occasionally.
- 3. Remove from heat; stir in 1/4 cup sour cream and mustard. Season with salt and pepper, as desired. Garnish with additional sour cream, if desired.

Nutrition information per serving using 93% lean ground beef: 327 Calories; 104.4 Calories from fat; 11.6g Total Fat (4.8 g Saturated Fat; 0.2 g Trans Fat; 0.6 g Polyunsaturated Fat; 4 g Monounsaturated Fat;) 93 mg Cholesterol; 435 mg Sodium; 24 g Total Carbohydrate; 2.2 g Dietary Fiber; 4.3 g Total Sugars; 34 g Protein; 0 g Added Sugars; 43.9 mg Calcium; 4.5 mg Iron; 653 mg Potassium; 0.1 mcg Vitamin D; 0.6 mg Riboflavin; 10.5 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 320 mg Phosphorus; 7.3 mg Zinc; 27.7 mcg Selenium; 118.9 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.

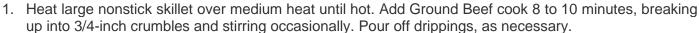


# **Easy Skillet Chili Mac**

Enjoy the goodness of this fast and kid-friendly skillet meal combining Ground Beef, chili beans, salsa and fresh cilantro.

Recipe time: 30 minutes Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 can (15 to 16 ounces) chili beans in chili sauce
- 1-1/2 cups prepared thick-and-chunky salsa
- 1/2 cup water
- 1/2 cup chopped fresh cilantro
- 2 cups cooked elbow macaroni, warmed



**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, salsa and water; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened, stirring frequently. Stir in cilantro.
- 3. Serve beef mixture over macaroni.

Nutrition information per serving using 93% lean ground beef: 422 Calories; 89.1 Calories from fat; 9.9g Total Fat (3.4 g Saturated Fat; 0.2 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 84 mg Cholesterol; 1092 mg Sodium; 46 g Total Carbohydrate; 0 g Dietary Fiber; 5.9 g Total Sugars; 35 g Protein; 0 g Added Sugars; 67.2 mg Calcium; 5.2 mg Iron; 813 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 7.4 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 262 mg Phosphorus; 6.8 mg Zinc; 39.4 mcg Selenium; 98.7 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.

#### **DIY Beef Ramen Noodle Jars**

Mason Jar. Check. Ingredients for Ramen. Check. Add hot broth at work and you've got lunch.

Total Recipe Time: 15 minutes

Makes 4 servings

- 12 ounces thinly sliced cooked beef Flank Steak (or any leftover steak)
- 2 tablespoons beef base
- 1/2 cup chopped kimchi
- 4 teaspoons red miso paste
- 8 drops sesame oil
- 2 cups baby spinach leaves
- 1 cup shredded carrot
- 8 fresh mushrooms, thinly sliced
- 1/2 cup thinly sliced green onions
- 2 packages (3 ounces each) dried ramen noodles, any flavor

Toppings (optional):

 Reduced-sodium soy sauce, chili sauce, chili oil, sesame seeds, thinly sliced nori (dried seaweed) and thinly sliced shallots





- 1. Add 1-1/2 teaspoons beef concentrate, 2 tablespoons kimchi, 1 teaspoon miso paste and 2 drops sesame oil to each of four 1-quart Mason canning jars. To each jar, add 3 ounces (1/2 cup) cooked beef steak, 1/2 cup spinach leaves, 1/4 cup carrot, quarter of mushroom slices and 2 tablespoons green onion. Add half of each package of ramen noodles to each jar, discarding flavor packets. Close jars. Refrigerate at least 1 hour.
- 2. To serve, remove lid and carefully add 2-1/2 cups boiling water to each jar. Close jar tightly and let stand 5 minutes, shaking occasionally. Serve with toppings, if desired.

*Cook's Tip:* Jars can be refrigerated for as long as 3 days and prepared as needed.

Nutrition information per serving: 400 Calories; 135 Calories from fat; 15g Total Fat (6 g Saturated Fat; 5 g Monounsaturated Fat;) 67 mg Cholesterol; 1672 mg Sodium; 33 g Total Carbohydrate; 3.5 g Dietary Fiber; 32 g Protein; 5.1 mg Iron; 8.5 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.1 mg Zinc; 47.4 mcg Selenium; 102.1 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.

# **Mongolian Beef**

This Mongolian Beef recipe from MomsDish combines thinly sliced and fried steak with a deliciously sweet soybased sauce. It's sure to be a family favorite!

Total Recipe Time: 25 minutes

Makes 4 servings

- 1 pound Beef Flank Steak or Top Sirloin Steak
- 2 tablespoons avocado or olive oil
- ¼ cup cornstarch
- 1/3 cup low sodium soy sauce
- 1/3 cup water
- 1/3 cup packed brown sugar
- 3 garlic cloves, minced
- 1 teaspoon fresh ginger, minced
- 1/4 cup sliced green onions
- Toasted sesame seeds, optional
- Hot cooked rice
- 1. Slice steak into 1/8-inch-thick slices, against the grain.

Cook's Tip: Freeze the steak for about 15-20 minutes to make it easier to cut into thin slices.

- 2. Coat steak with cornstarch. Meanwhile, preheat a large wok, cast iron pan or heavy bottomed pan with oil. Cook beef in small batches without crowding in pan. Remove and set aside.
- 3. Add garlic and ginger to the same pan, cook for about a minute.
- 4. Combine together soy sauce, water and brown sugar in a bowl. Add to the pan, simmer for a minute.
- 5. Add steak back into the sauce and let it all simmer for a few minutes. Garnish with green onions and sesame seeds. Serve over hot cooked rice. Enjoy!

**Cook's Tip:** Mongolian Beef typically doesn't include vegetables, but feel free to add your favorite stir-fry veggies like sliced red bell peppers, broccoli, onions or scallions.













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