

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 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.

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



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.

***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 B₆; 2.8 mcg Vitamin B₁₂; 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



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, mushrooms, garlic and thyme; cook 8 to 10 minutes, breaking Ground Beef into 3/4-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 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 B₆; 2.8 mcg Vitamin B₁₂; 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



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef cook 8 to 10 minutes, breaking up into 3/4-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 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 B₆; 2.8 mcg Vitamin B₁₂; 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 B₆; 1.5 mcg Vitamin B₁₂; 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 soy-based 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
- ¼ 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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