

## **September 2025 TV Recipes—Back-to-School with Beef!**

*Back-to-school time always comes faster than you think. 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.*

### **French Onion Meatball Subs**

*French onion soup flavors in a cheesy, toasted meatball sub. Homemade meatballs, caramelized onions and rich gravy served in a crusty roll.*

Recipe Time: 35 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 egg, beaten
- 1 packet (1 ounce) onion soup mix
- 1/4 cup dry breadcrumbs
- 1/4 teaspoon ground black pepper
- 2 tablespoons canola oil
- 1 packet (0.87 ounces) brown gravy mix
- 2 cups water
- 4 sub rolls, split
- 8 slices Gruyere cheese
- 1 green onion, thinly sliced

#### **Caramelized Onions:**

- 1-1/2 cups thinly sliced onion
- 2 tablespoons butter

1. Combine Ground Beef, egg, onion soup mix, breadcrumbs and pepper in large bowl, mixing lightly but thoroughly. Shape into twelve 2-inch meatballs.
2. Heat oil in nonstick skillet over medium-high heat. Add meatballs; cook 5 minutes or until meatballs begin to brown, turning occasionally. Remove from skillet; set aside.
3. Meanwhile, add onion and butter to skillet; cook 8 to 10 minutes or until caramelized, stirring often. Lower heat if necessary. Add gravy mix and water; whisk until thickened. Return meatballs to skillet. Cook 8 to 10 minutes or until heated through and reach an internal temperature of 160°F.

**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. Preheat broiler to high. Place half of cheese in bottom of sub rolls; top with 3 meatballs, gravy and remaining cheese. Place in broiler pan so surface of subs is 3 to 4 inches from heat. Broil 2 to 3 minutes or until cheese melts. Sprinkle with green onion.



**Nutrition information per serving, 1 sandwich:** 840 Calories; 382.5 Calories from fat; 42.5g Total Fat (18.5 g Saturated Fat; 0.3 g Trans Fat; 4 g Polyunsaturated Fat; 16 g Monounsaturated Fat;) 208 mg Cholesterol; 1747 mg Sodium; 60 g Total Carbohydrate; 1.9 g Dietary Fiber; 4.2 g Total Sugars; 55 g Protein; 1.5 g Added Sugars; 802 mg Calcium; 6.8 mg Iron; 610 mg Potassium; 0.6 mcg Vitamin D; 0.5 mg Riboflavin; 5.1 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 3.9 mcg Vitamin B<sub>12</sub>; 625 mg Phosphorus; 9 mg Zinc; 35.4 mcg Selenium; 144.6 mg Choline. This recipe is an excellent source of Protein, Calcium, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.

Wisconsin Beef Council  
957 Liberty Drive, Ste 201  
Verona, WI 53593  
Beeftips.com



# Crispy Taco Eggrolls

Elevate the fiesta with these easy air fryer appetizers that use leftover taco meat and shredded cheese. Serve with salsa, guacamole and sour cream to complete the meal.

Recipe Time: 30 minutes

Makes 10 eggrolls

- 1 pound Ground Beef (80% lean or leaner)
- 1 small onion, chopped
- 3 tablespoons taco seasoning mix
- 1/4 cup water
- 10 eggroll wrappers
- 1 egg, beaten
- 1 cup shredded Oaxaca cheese
- 1/2 cup salsa
- Guacamole and sour cream (optional)



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onion. Cook 8 to 10 minutes, breaking into 1/4-inch crumbles, stirring occasionally. Drain, if necessary.
2. *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. Add taco seasoning and 1/4 cup water, stir to combine. Remove from heat; keep warm.
4. Preheat air fryer to 385°F. Meanwhile, place eggroll wrappers evenly on work surface, with corners facing you. Spoon about 2 tablespoons beef mixture and 1 tablespoon cheese evenly across centers of wrappers, leaving 1-inch border on right and left sides. Brush edges with egg; fold right and left sides of wrappers over filling. Fold bottom corners up over filling and roll up tightly, sealing eggroll. Spray outsides with cooking oil.
5. Place seam side down, in a single layer, in air fryer basket. Cook 8 to 10 minutes, turning halfway through, or until browned and crispy.
6. Serve with salsa. Top with guacamole and sour cream, as desired.

*Nutrition information per serving, 1 eggroll: 230 Calories; 80.1 Calories from fat; 8.9g Total Fat (3.9 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.6 g Monounsaturated Fat;) 57 mg Cholesterol; 563 mg Sodium; 22 g Total Carbohydrate; 1 g Dietary Fiber; 1 g Total Sugars; 15 g Protein; 0 g Added Sugars; 99.4 mg Calcium; 2.4 mg Iron; 230 mg Potassium; 0.1 mcg Vitamin D; 0.2 mg Riboflavin; 5.2 mg NE Niacin; 0.2 mg Vitamin B<sub>6</sub>; 0.9 mcg Vitamin B<sub>12</sub>; 116 mg Phosphorus; 2.3 mg Zinc; 17.5 mcg Selenium; 43.2 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Riboflavin, and Vitamin B6.*

# Mini Lasagna Bites

This creative, bite-sized take on lasagna uses ground beef, spices and cheese to recreate traditional, layered lasagna into a small bite party sensation.

Recipe Time: 45 minutes

Makes 12 servings

- 1 pound Ground Beef (80% Lean or leaner)
- 1 tablespoon Italian seasoning
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 jar (30 ounces) marinara sauce
- 6 lasagna noodles, cooked, cut into 2-inch pieces
- 1-1/2 cups shredded mozzarella cheese

## Cheese Mixture:

- 1/2 cup ricotta cheese



- 1/2 cup grated Parmesan cheese
  - 1/2 cup thinly sliced fresh basil
  - 1 egg
  - 1 teaspoon granulated garlic
  - 1/2 teaspoon salt
1. Preheat oven to 375°F. Heat large skillet over medium heat until hot. Add Ground Beef, Italian seasoning, minced garlic, salt and pepper. Cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, as necessary. Stir in marinara sauce; cook 2 to 3 minutes or until warmed.
  2. Meanwhile, combine ricotta cheese, Parmesan cheese, basil, egg, garlic and salt in medium bowl.
  3. Coat mini muffin pans with cooking spray. Place pasta piece in each muffin cup. Top pasta by layering 1/2 tablespoon cheese mixture, 1 tablespoon meat sauce and additional 1/2 tablespoon cheese mixture into cups. Sprinkle tops with mozzarella cheese.
  4. Bake 20 minutes or until golden brown and bubbly. Let stand 2 minutes. Loosen edges; remove from muffin pans.

**Nutrition information per serving, 2 lasagna bites:** 225 Calories; 103.5 Calories from fat; 11.5g Total Fat (4.8 g Saturated Fat; 0.4 g Trans Fat; 1.1 g Polyunsaturated Fat; 3.8 g Monounsaturated Fat;) 71 mg Cholesterol; 700 mg Sodium; 14.7 g Total Carbohydrate; 0.5 g Dietary Fiber; 4 g Total Sugars; 16 g Protein; 0 g Added Sugars; 188 mg Calcium; 1.7 mg Iron; 417 mg Potassium; 0.2 mcg Vitamin D; 0.2 mg Riboflavin; 7.4 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 1.1 mcg Vitamin B<sub>12</sub>; 215 mg Phosphorus; 2.8 mg Zinc; 15.2 mcg Selenium; 50.4 mg Choline.

## Beef and Kale Bolognese

*Ground Beef, vegetables and tomato sauce slow simmered and served over pasta.*

Total Recipe Time: 45 minutes

Makes 6 servings

- 1 pound Ground Beef (96% lean or leaner)
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cups shredded kale
- 2 cans (6 ounces each) no-salt added tomato sauce
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 package (16 ounces) uncooked Pappardelle pasta
- 2 tablespoons reduced-fat grated Parmesan cheese
- 2 tablespoons thinly sliced fresh basil



1. Heat oil in stockpot over medium heat until hot. Add Ground Beef, onion and garlic; 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.*
2. Stir in celery and carrots; cook 3 to 5 minutes. Add kale, tomato sauce, salt and peppers; simmer 10 minutes to develop flavors, stirring occasionally. Meanwhile, cook pasta according to package directions.
3. Serve sauce over pasta; garnish with Parmesan cheese and basil.

**Nutrition information per serving, 1 cup sauce and 4 ounces pasta:** 462 Calories; 72 Calories from fat; 8g Total Fat (2.3 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 52 mg Cholesterol; 216 mg Sodium; 73 g Total Carbohydrate; 6.2 g Dietary Fiber; 7.9 g Total Sugars; 28 g Protein; 0 g Added Sugars; 62 mg Calcium; 3.7 mg Iron; 755 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 0.6 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.6 mcg Vitamin B<sub>12</sub>; 188 mg Phosphorus; 4.3 mg Zinc; 12 mcg Selenium; 58.4 mg Choline.

# Beef Jerky Granola Bars

Mix store-bought Beef Jerky with a blend of nuts, seeds, and fruit to create a granola bar that will stick to your ribs longer than the rest. Make these to last all week or before an activity with family or friends.

Total Recipe Time: 40 minutes

Makes 16 servings

- 16 ounces beef jerky, chopped
- 4 cups quick oats
- 1 can (14 ounces) fat-free sweetened condensed milk
- 1/2 cup slivered almonds
- 1/2 cup dried cranberries
- 1/2 cup shelled sunflower seeds
- 1/2 cup dark chocolate chips
- 1/3 cup honey



1. Preheat oven to 350°F. Coat 9 x 13-inch baking pan with cooking spray.
2. Combine all ingredients in large bowl; mix thoroughly. Pat into prepared baking pan. Bake in 350°F oven for 30 minutes. Refrigerate until cooled; slice into bars. Bars should be covered and stored in refrigerator.

**Cook's Tip:** In place of almonds, cranberries, sunflower seeds and chocolate chips, you may substitute any of the following making sure the total amount is 2 cups: peanuts, cashews, walnuts, pistachios, pecans, pretzels, dried cherries, raisins, coconut flakes, pepitas, white chocolate chips, etc..

**Nutrition information per serving:** 388 Calories; 154.8 Calories from fat; 17.2g Total Fat (6.5 g Saturated Fat; 0.1 g Trans Fat; 2.6 g Polyunsaturated Fat; 5.8 g Monounsaturated Fat;) 22 mg Cholesterol; 622 mg Sodium; 45 g Total Carbohydrate; 3.6 g Dietary Fiber; 16 g Protein; 3.2 mg Iron; 401 mg Potassium; 1 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 0.4 mcg Vitamin B<sub>12</sub>; 2.9 mg Zinc; 10.1 mcg Selenium; 57.6 mg Choline.

# Cheesy Meatball Pockets

Use frozen meatballs to recreate a flavorful childhood favorite wrapped in fluffy biscuit dough and served with marinara.

Total Recipe Time: 30 minutes

Makes 8 servings

- 1 pound frozen fully-cooked Beef meatballs, thawed, thinly sliced
- 1 can (16.3 ounces) refrigerated biscuit dough
- 1 cup marinara sauce
- 1 cup diced tomatoes, drained
- 1-1/2 cups shredded Italian blend cheese, divided
- 1/2 teaspoon Italian seasoning
- Marinara or Alfredo sauce (optional)



1. Preheat oven to 400°F. On a lightly floured surface, roll each biscuit into a 6-inch disc (about 1/8-inch thick).
2. Divide meatball slices and place evenly in centers of discs. Top with 2 tablespoons each marinara, tomatoes and cheese. Fold dough over filling, pressing with fork to seal.

**Cook's Tip:** Brush edge of dough with water to help with sealing.

3. Place pockets on greased, shallow-rimmed baking sheet. Cut slits in dough to vent. Sprinkle tops with remaining cheese and Italian seasoning. Bake 10 to 12 minutes or until golden brown and crispy.
4. Serve with additional marinara or Alfredo sauce, as desired.

## Alternate Cooking Method

1. Preheat pizza oven to 500°. Bake 3 to 5 minutes or until puffed and bottoms are firm and browned.

**Nutrition information per serving, 1 pocket:** 428 Calories; 193.5 Calories from fat; 21.5g Total Fat (9.5 g Saturated Fat; 0.1 g Trans Fat; 0.7 g Polyunsaturated Fat; 1.7 g Monounsaturated Fat;) 40 mg Cholesterol; 1068 mg Sodium; 39 g Total Carbohydrate; 1.3 g Dietary Fiber; 7.9 g Total Sugars; 22 g Protein; 0 g Added Sugars; 205 mg Calcium; 3.3 mg Iron; 306 mg Potassium; 0.1 mcg Vitamin D; 0.2 mg Riboflavin; 4.2 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 1 mcg Vitamin B<sub>12</sub>; 280 mg Phosphorus; 4.3 mg Zinc; 10.7 mcg Selenium; 76.8 mg Choline.