

September 2026 TV —Back-to-School Recipes

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.

Beef Sausage & Egg Muffin Cups

Make a breakfast on-the-go with these beef and egg muffin cups.

Recipe time: 50 minutes

Makes 6 servings

- 1 recipe Basic Country Beef Breakfast Sausage (recipe follows)
- 1 can (4-1/2 ounces) chopped green chiles, undrained
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 5 large eggs
- 1/4 cup reduced-fat milk
- 1 to 2 teaspoons regular or chipotle hot pepper sauce

Toppings (optional):

- Chopped green onion or chives, chopped tomato, salsa or additional hot sauce



1. Preheat oven to 375°F. Coat 12-cup standard muffin pan with cooking spray. Prepare Basic Country Beef Breakfast Sausage. Stir chiles and cheese into sausage mixture. Evenly divide mixture into prepared pan.

Basic Country Beef Breakfast Sausage: Combine 1 pound Ground Beef (93% lean 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, 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.

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. Whisk eggs, milk and hot sauce, as desired, in medium bowl. Evenly divide egg mixture over sausage mixture in muffin cups.
3. Bake in 375°F oven 17 to 20 minutes or until egg mixture is set and just beginning to brown. Let stand 2 minutes. Loosen edges; remove from muffin pan. Season with salt and pepper and garnish with Toppings, as desired.

Nutrition information per serving, 1/6 of recipe: 220 Calories; 104.4 Calories from fat; 11.6g Total Fat (5 g Saturated Fat; 0.2 g Trans Fat; 1.1 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 218 mg Cholesterol; 451 mg Sodium; 3.1 g Total Carbohydrate; 0.9 g Dietary Fiber; 1.5 g Total Sugars; **25.4 g Protein**; 0 g Added Sugars; 112.7 mg Calcium; 2.8 mg Iron; 343 mg Potassium; 1 mcg Vitamin D; 0.4 mg Riboflavin; 4.2 mg NE Niacin; 0.4 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 284 mg Phosphorus; 5.2 mg Zinc; 28.5 mcg Selenium; 188.8 mg Choline. This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Iron.

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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.*

High-Protein Cowboy Crunchy Wraps

These High-Protein Cowboy Crunchy Wraps pack a satisfying, crispy crunch with seasoned lean Ground Beef, black beans, and melted cheddar cheese. It's a hearty, protein-packed meal that delivers bold, authentic flavors in a wholesome, easy-to-enjoy package.

Recipe time: 50 minutes

Makes 4 servings

- 1 lb. 93% lean Ground Beef
- Olive oil spray
- ½ small yellow onion, chopped
- 2 Tbsp. taco seasoning
- 1 cup frozen fire-roasted or sweet corn, thawed
- 1 can (15 ounces) black beans, rinsed and drained
- 4 large, burrito-size flour tortillas (9-inch or larger)
- 1 cup cheddar cheese, shredded
- 4 yellow corn tostadas
- ½ cup nonfat plain Greek yogurt



- 1 cup romaine, chopped
 - $\frac{3}{4}$ cup pico de gallo or diced tomatoes
 - 4 small flour tortillas (about 6-inches)
 - Jalapeño ranch, for dipping (optional)
1. Spray large skillet with oil and brown beef over MEDIUM-HIGH heat until just cooked through, 6 -7 minutes. Add onions and taco seasoning and cook until onions are softened, 3-4 minutes. Stir in corn and black beans and cook 2-3 minutes more.
 2. Heat a large griddle over MEDIUM heat. To form each wrap, arrange a large tortilla on a clean surface. Scatter $\frac{1}{4}$ cup cheese on the tortilla, leaving a 1 $\frac{1}{2}$ -inch to 2-inch rim around the edge. Top with about 1 cup of the beef mixture, spreading it out in an even layer. Arrange one tostada on top of the beef, spread with 2 Tbsp. yogurt, and top with about $\frac{1}{4}$ cup lettuce and 3 Tbsp. pico de gallo. Top with one small tortilla, pressing down to gently flatten the contents. Working carefully, fold in the edges of the larger tortilla, pleating them around to seal the wrap, pressing firmly as you go.
***Cook's Tip:** These fast-food alternatives are protein-packed with beef, black beans, cheese, and even Greek yogurt. The folding can be tricky, so make it easy on yourself and buy the largest burrito tortillas you can find.*
 3. Working in batches, spray griddle with oil and carefully arrange wraps on griddle, folded sides down. Cook until deep golden brown on the first side, 3-4 minutes. Spray the tops of the crunch wraps with oil, and then carefully flip over and continue cooking until deep golden brown on the second side, 3 -4 minutes more.
 4. Transfer crunch wraps to a cutting board or cooling rack as done and let rest briefly. Using a serrated knife, carefully halve each crunch wrap and serve, with jalapeño ranch on the side for dipping, if you like.

Nutrition information per serving, $\frac{1}{4}$ of recipe: 830 Calories, 260 Calories from fat; 28.8 g Total Fat (12.7 g Saturated Fat; 7 g Monosaturated Fat); 105 mg Cholesterol; 1990 mg Sodium; 92.4 g Total Carbohydrate; 9.9 g Dietary Fiber; **52 g Protein**; 5.6 mg Iron; 959 mg Potassium, 0.3 mg Thiamin; 0.5 mg Riboflavin, 13.8 mg Niacin (NE); 0.6 mg Vitamin B6; 2.9 mcg Vitamin B12; 8.07 mg Zinc, 31.4 mcg Selenium, 123.8 mg Choline. This recipe is an excellent source of Protein, Dietary Fiber, Iron, Potassium, Thiamin, Riboflavin, Niacin (NE), Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline.

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
- $\frac{1}{4}$ cup dry bread crumbs
- $\frac{1}{4}$ 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- $\frac{1}{2}$ 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 B₆; 3.9 mcg Vitamin B₁₂; 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 B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.

One Pot Lasagna Pasta

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.