

October 2026 TV Recipes—Fall Favorite Beef Recipes

As the days get shorter and the weather turns colder, it's time to fall in love with these Fall recipes. With pot pie, stuffed squash, casseroles and much more, you'll find the perfect autumn meal.

Beef Pot Pie

A easier version of an American classic. Tender braised stew meat with vegetables and flavorful spices in a flaky crust.

Total Recipe Time: 5 hours 5 minutes

Makes 8 servings

- 2 pounds beef Stew Meat cut into 1 to 1-1/2 inch pieces
- 5 cups water
- 1 tablespoon Worcestershire sauce
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped Yukon Gold potatoes
- 1 tablespoon chopped garlic
- 1 can (6 ounces) tomato paste
- 1 packet (.87 ounce) brown gravy mix
- 3 bay leaves
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon finely chopped fresh thyme
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup frozen peas
- Beef Tallow Pie Crust or 1 package (14.1 ounces) refrigerated pie crust
- 1 egg
- Mixed green salad (optional)



1. Preheat oven to 350°F. Add all ingredients, except peas, pie crust and egg to Dutch oven. Mix lightly, but thoroughly. Bake, covered, 3-1/2 hours or until Stew Meat is fork-tender. Stir in peas; cool mixture slightly.
2. Coat 9-inch pie plate with cooking spray. Unroll pie crust on flat surface, pressing out fold lines with fingers. Place 1 crust in bottom of pie plate allowing edge to drape over rim. Spoon beef mixture into pie crust. Top with remaining crust, crimping edge to seal. Cut three slits in top of crust to vent; brush top with egg.
3. Bake 40 to 45 minutes or until crust is golden brown. Let stand 5 to 10 minutes before serving. Serve with salad, as desired.

Nutrition information per serving, 1 slice: 375 Calories; 130.5 Calories from fat; 14.5g Total Fat (5.5 g Saturated Fat; 0.3 g Trans Fat; 1.5 g Polyunsaturated Fat; 6.3 g Monounsaturated Fat;) 108 mg Cholesterol; 860 mg Sodium; 31 g Total Carbohydrate; 2.3 g Dietary Fiber; 5.2 g Total Sugars; 32 g Protein; 0 g Added Sugars; 90.5 mg Calcium; 5.2 mg Iron; 689 mg Potassium; 0.2 mcg Vitamin D; 0.3 mg Riboflavin; 10.9 mg NE Niacin; 0.6 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 268 mg Phosphorus; 7.5 mg Zinc; 34.3 mcg Selenium; 119.8 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.

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Four-Way Slow Cooker Shredded Beef

Got a hankering for delicious, shredded beef? Try one of these four recipe varieties, sure to please any crowd.

Total Recipe Time: 10 hours 30 minutes
Makes 6 servings

- 1 beef Cross Rib Roast Shoulder Roast or Blade Chuck Roast Boneless (about 2 to 2-1/2 pounds)
- 1 tablespoon vegetable oil (optional)
- 1 large onion, chopped
- 2 tablespoons minced garlic
- Salt and pepper
- Recipe Variations (recipes follow)



1. For optional browning, heat oil in large nonstick skillet over medium heat until hot. Brown beef Cross Rib Roast on all sides.
2. Place onion and garlic in 3-1/2 to 5-quart slow cooker; place roast on top. Cover and cook on HIGH 5 to 6 hours or LOW 9 to 10 hours or until roast is fork-tender.
3. Remove roast from slow cooker. Skim fat from cooking liquid, if necessary and reserve 1 cup onion mixture. Shred beef with 2 forks. Combine shredded beef and reserved onion mixture. Season with salt and pepper, as desired. Continue as directed in Recipe Variations below, as desired.

Recipe Variations:

Mexican Shredded Beef: Combine tomato or tomatillo salsa and beef mixture, as desired. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in warmed flour or corn tortillas topped with Pico de Gallo, sliced avocados, shredded cheese, chopped cilantro and/or chopped white or green onions, as desired.

BBQ Shredded Beef: Combine prepared barbecue sauce and beef mixture. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve on whole wheat rolls topped with creamy horseradish sauce, coleslaw, Cheddar cheese slices, chopped green bell pepper and/or canned French-fried onions, as desired.

Asian Shredded Beef: Combine prepared hoisin or teriyaki sauce and beef mixture. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in lettuce or cabbage cups topped with shredded carrots, sliced cucumbers, chopped fresh cilantro or mint, sriracha or crushed red pepper flakes and/or chopped peanuts, as desired.

Indian Shredded Beef: Combine prepared Indian cooking sauce, such as Tikka Masala or Vindaloo. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in naan or pita bread topped with toasted chopped pistachios or coconut, raisins, Greek yogurt or mango chutney, chopped fresh mint or cilantro and/or sliced cucumbers or green onion, as desired.

Alternate Cooking Method: This recipe can be made in a 6-quart electric pressure cooker. Place beef roast, onion, garlic and 1/2 cup beef broth in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in Step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

***Nutrition information per serving, (no serving size):** 202 Calories; 73.8 Calories from fat; 8.2g Total Fat (2.9 g Saturated Fat; 0.4 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 90 mg Cholesterol; 58 mg Sodium; 3 g Total Carbohydrate; 0.5 g Dietary Fiber; 1 g Total Sugars; 29 g Protein; 0 g Added Sugars; 23 mg Calcium; 3.3 mg Iron; 371 mg Potassium; 5.5 mcg Vitamin D; 0.3 mg Riboflavin; 4.3 mg NE Niacin; 0.6 mg Vitamin B₆; 3.1 mcg Vitamin B₁₂; 223 mg Phosphorus; 8.6 mg Zinc; 35 mcg Selenium; 93.5 mg Choline. This recipe is an excellent source of Protein, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Phosphorus, and Choline.*

Stuffed Pepper Casserole

All the flavors of stuffed peppers... without all the work! This Stuffed Pepper Casserole is packed with ground beef, bell peppers, diced tomatoes, white rice, and plenty of cheese. A delicious twist on a classic that's 100% kid-approved!

Recipe Time: 1 hour 35 minutes

Makes 8 servings

- 1 pound Ground Beef
- 1 tablespoon olive oil
- 1 large green pepper
- 1 large yellow pepper
- 1 medium yellow onion
- 14 ounce canned fire roasted salsa-style diced tomatoes
- 1 cup long grain white rice, uncooked
- 2 cups beef broth
- 4 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 8 ounces Colby Jack cheese, shredded



1. Preheat oven to 350°F.
2. Dice the bell peppers and onion into uniform pieces; set aside.
3. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the ground beef, peppers and onions. Cook over medium-high heat, crumbling the ground beef, until the vegetables are tender and the meat is no longer pink (about 5 minutes.) Drain excess grease from the skillet.
4. To the same skillet, add the canned tomatoes, beef broth, uncooked rice, minced garlic, and dried spices. Return to medium-high heat and cook for 5 minutes. (The mixture will be boiling gently.)
5. Transfer to a 9×13-inch baking pan and cover with foil. Bake at 350° for 1 hour, then check for doneness. If the rice is under-cooked, bake for 10-15 minutes more.
6. Remove from oven and sprinkle evenly with cheese. Bake for an additional 5-10 more minutes or until cheese is fully melted. Garnish with sliced green onions and cilantro.

Storing & Reheating Tip: *Stuffed Pepper Casserole can be stored, covered, in the refrigerator for up to 5 days. To reheat, remove from the refrigerator and heat at 350°, covered, for 30 minutes or until completely warmed through. You can also make this casserole in advance and freeze it for later. To freeze this casserole, prepare it according to recipe instructions but cover tightly and freeze before baking. Freeze for up to 3 months, then thaw in the refrigerator overnight before baking. *Note: you may need to increase baking time.*

Nutrition information: Calories: 388kcal | Carbohydrates: 26g | Protein: 20g | Fat: 23g | Saturated Fat: 10g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 9g | Trans Fat: 1g | Cholesterol: 67mg | Sodium: 798mg | Potassium: 460mg | Fiber: 2g | Sugar: 2g | Vitamin A: 518IU | Vitamin C: 65mg | Calcium: 243mg | Iron: 3mg

Recipe courtesy of [**Lemon Tree Dwelling**](#).

Beef Enchilada Casserole

Beef Enchilada Casserole is a delicious and comforting recipe that you will love. It comes together quicker than traditional enchiladas, but is still amazing with an easy homemade enchilada sauce.

Total Recipe Time: 50 minutes

Makes 8 servings

- 1 pound Ground Beef
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 small yellow onion, diced
- 4.5 ounces diced green chiles
- 15 ounces black beans drained and rinsed
- 12 corn tortillas (6 inches)
- 3 cups shredded Colby jack cheese see note

Enchilada Sauce

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoons cumin
- 2 teaspoons chili powder
- 1 tablespoon all-purpose flour
- 15 ounces tomato sauce
- 1 cup chicken stock
- 2 cloves garlic, minced



1. Preheat your oven to 350 degrees. Spray a 9 by 13-inch baking dish with cooking spray and set aside.
2. In a large skillet **for the enchilada sauce**, heat 1 tablespoon oil over medium heat. Add 1 diced onion and 1/2 teaspoon kosher salt. Sauté until the onion is translucent, about 5 minutes.
3. While the onion is cooking, add the ground beef to a separate skillet to make the **enchilada filling**, breaking it up and seasoning it with salt and pepper. Once broken up, add the second diced onion and cook until the beef is cooked through, about 5 minutes.
4. Stir chili powder and cumin into the onion for the enchilada sauce and cook for about thirty seconds. Then stir in 1 tablespoon all purpose flour. Slowly whisk in chicken stock. Then stir in the tomato sauce and minced garlic. Bring to a simmer and cook, stirring occasionally for 5 minutes.
5. Once the beef is cooked through, remove from the heat, drain the fat and stir in the green chiles and black beans.
6. Transfer the enchilada sauce to a blender and blend to make smooth (optional). Pour 1/2 cup in the bottom of the prepared baking dish. Pour 1/2 cup of enchilada sauce into the beef mixture.
7. Dip 6 tortillas in the remaining sauce to coat them and line the bottom of the casserole dish with them. Use half of the beef mixture to top the tortillas in the pan. Top with 1 cup of cheese. Dip the remaining 6 tortillas in the enchilada suce and top with the remaining beef mixture and 2 cups colby jack cheese.
8. Bake uncovered for 20 minutes or until the cheese is bubbly.

Cook's Tips: You can replace this enchilada sauce recipe with two cups of store-bought sauce.

The preparation time for this recipe includes shredding Colby Jack cheese from the block. I highly recommend using block cheese and shredding it yourself as it melts significantly better.

Nutrition information: Serving size 1-piece: Calories: 445kcal (22%) Carbohydrates: 32g (11%) Protein: 29g (58%) Fat: 23g (35%) Saturated Fat: 10g (63%) Polyunsaturated Fat: 1g Monounsaturated Fat: 1g Cholesterol: 80mg (27%) Sodium: 1058mg (46%) Potassium: 380mg (11%) Fiber: 6g (25%) Sugar: 5g (6%)

Recipe courtesy of [Simple Joy](#).

Beef Picadillo-Stuffed Acorn Squash

A nutrient-rich alternative to the brown-sugar-and-butter treatment for squash. Top it instead with a spicy-sweet blend of Ground Beef, onion, cinnamon and raisins.

Recipe Time: 1 hour 30 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 medium onion, chopped
- 1 tablespoon Mexican Seasoning Mix (see below)
- 1/4 teaspoon ground cinnamon
- 1 can (8 ounces) tomato sauce
- 1/3 cup raisins
- 1 acorn squash, quartered, cooked
- 1 tablespoon slivered almonds (optional)



1. Heat oven to 400 degrees F. Line a baking sheet with parchment paper. Wash the outside of the squash with water. Slide off the stem for stability, stand it flat, and cut the squash down the middle. Remove the seeds and pulp. Rub the inside with olive oil, salt and pepper. Bake, cut-side up, 45 to 60 minutes or until tender.
2. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef mixture to skillet.

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. Sprinkle seasoning mix and cinnamon over beef; mix well. Stir in tomato sauce and raisins; bring to a boil. Reduce heat; cover and simmer 15 minutes, stirring occasionally. Serve over squash. Garnish with almonds, if desired.

Cook's Tip: *Mexican Seasoning Mix: Combine 1/3 cup chili powder, 1 tablespoon salt, 1-1/2 teaspoons ground cumin and 3/4 teaspoon garlic powder. Store in airtight container. Shake before using to blend.*

Nutrition information per serving: 288 Calories; 79.2 Calories from fat; 8.8g Total Fat (3.4 g Saturated Fat; 0.27 g Trans Fat; 0.7 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 84 mg Cholesterol; 834 mg Sodium; 28 g Total Carbohydrate; 4.3 g Dietary Fiber; 28 g Protein; 5 mg Iron; 1098 mg Potassium; 7.9 mg NE Niacin; 0.7 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 6.9 mg Zinc; 22.5 mcg Selenium; 104.3 mg Choline. This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.