



SUPER BOWL SUPER LEAN BEEF CHILI

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| 1 pound lean ground beef | 1 can (14.5 ounces) diced tomatoes |
| 1 cup chopped onion | 1 can (8 ounces) tomato sauce |
| 1/4 cup chopped green pepper | 1 to 2 tablespoons chili powder |
| 1 can (15 ounces) chili beans | |

Wash hands. Brown ground beef in saucepan; drain fat. Place ground beef in sieve or colander and rinse with about 1 quart warm tap water. Stir beef and let drain for 5 minutes. Combine all ingredients in saucepan and simmer for 30 minutes.

Makes 6 servings

Nutrient data for 1/6th of recipe:
193 calories; 4 g fat; 1392 mg sodium (could be lowered by using low sodium tomato products); 54 mg cholesterol.

SLOPPY JOE PIZZA

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| 1 pound lean ground beef |
| 3/4 cup frozen corn, defrosted |
| 3/4 cup prepared barbecue sauce |
| 1/2 cup sliced green onions |
| 1 large (16 oz.) Italian bread shell or prepared pizza crust |
| 1-1/2 cups (6 oz.) shredded cheddar cheese |

1. Wash hands.
2. Heat oven to 425 degrees. In a large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings (if desired, place ground beef in a strainer and rinse with 1 quart hot tap water.)
3. Stir in corn, barbecue sauce, and green onions. Heat through.
4. Place bread shell on large baking sheet. Top evenly with beef mixture; sprinkle with cheese. Bake 12 to 15 minutes or until cheese melts; cut into 6 wedges.

CHEESY BBQ BEEF & OVEN FRIES

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| 1 pound lean ground beef | 1 cup frozen corn |
| 4 small baking potatoes (about 1-1/4 pounds, cut lengthwise into 1/2-inch wide wedges) | 1 cup prepared barbecue sauce |
| 1/2 teaspoon salt | 1/2 cup shredded Cheddar cheese |
| 1 red or green bell pepper, cut into 1/2 inch pieces | |

1. Wash hands.
2. Heat oven to 450°F. Spread potatoes in 15 x 10 x 1-inch baking pan; spray lightly with nonstick cooking spray; sprinkle with salt. Bake in 450°F oven for 25 to 30 minutes or until potatoes are tender and lightly browned.
3. Meanwhile brown ground beef with bell pepper in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4 inch crumbles. Pour off drippings. Stir in corn and barbecue sauce; heat through.
4. Serve beef mixture over potatoes. Sprinkle with cheese.

Nutrition information per serving: 529 calories; 31g protein; 57g carbohydrate; 20g fat; 963mg sodium; 83 mg cholesterol; 7.9mg niacin; 1.0mg vitamin B₆; 1,8mcg vitamin B₁₂; 5.0mg iron; 5.6 mg zinc.

BEEF RAMEN NOODLE SOUP

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| 1 pound lean ground beef | 2 cups water |
| 1/2 teaspoon ground ginger | 3 cups frozen broccoli stir-fry vegetable mixture |
| 1/2 teaspoon salt | 1 package (3 ounces) beef-flavored instant ramen noodles, broken up |
| 1/4 teaspoon pepper | |
| 1 can (14 ounces) beef broth | |

1. Wash hands.
2. In large saucepan, brown ground beef over medium heat until fully cooked, about 8-10 minutes or until beef is no longer pink. Pour off drippings. Season with ginger, salt and pepper.
3. Stir in broth, water and seasoning packet from ramen noodles; bring to a boil. Stir in noodles and vegetables; return to a boil.
4. Continue cooking 2 to 3 minutes until noodles are tender.

Makes 4 servings

Nutrition information per serving: 320 calories; 33g protein; 23g carbohydrate; 11g fat; 4 mg iron; 7 mg zinc; 7 mg niacin; .4 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 1312 mg sodium; 93 mg cholesterol.

TAILGATE TACOS FOR A CROWD

Meat Mixture

- 3 pounds lean ground beef
- 2 large onions, chopped
- 1 can (28 oz) tomatoes
- 1 can (6 oz.) tomato paste
- 1 package taco seasoning
- 1 can (30 oz.) chili beans
- Chili powder to taste

Other "Stuff"

- 2 pound pkg. tortilla or corn chips, slightly crushed
- 1 bunch green onions, chopped
- 4 cups grated Cheddar or Monterey Jack cheese
- 2 large tomatoes, chopped
- 1 head lettuce, coarsely chopped.
- 1 can ripe olives, sliced
- 2 cups Picante sauce

Wash hands. Cook ground beef and onion in large saucepan or Dutch oven. Stir to break up. Drain. Add remaining "Meat Mixture" ingredients. Chop other "Stuff" and place in separate serving bowls. To serve, give each person a plate. Let each person build their own taco. Layer chips, hot meat sauce, cheese etc. Serve with additional Picante sauce.

Makes 12 or more servings

HAMBURGER SOUP

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 can (14.5 oz.) mixed vegetables, undrained*
- 1 can (14.5 oz.) tomatoes, undrained
- 1 can (10.5 oz.) tomato soup
- 1 teaspoon seasoning salt

Wash hands. Brown ground beef and onion in large sauce-pan until beef loses pink color. Drain fat. Add remaining ingredients and simmer 10 to 15 minutes. Thin with water if needed. Makes 12 servings of 3/4 cup each.

* or substitute 2 cups frozen mixed vegetables



PIZZA SOUP

- 1 pound ground beef
- 1 medium green pepper, chopped
- 1 can (4 oz.) sliced mushrooms, undrained
- 1 can (14.5 oz.) diced tomatoes, undrained
- 2 cups tomato juice
- 1 teaspoon Italian seasoning (dried)
- 1/4 teaspoon garlic powder
- 1 medium onion, coarsely chopped
- 1 teaspoon sugar
- 2 teaspoons beef bouillon granules
- 1/2 teaspoon crushed red pepper
- 3 cups water
- Toppings: croutons or slice of toasted French bread; Parmesan or mozzarella cheese

1. Wash hands..
2. Brown ground beef with onion and green pepper in large saucepan over medium heat until no longer pink. Drain fat and place beef and vegetables in a strainer and rinse.
3. Combine all ingredients (except toppings) and bring to a boil. Simmer 10 minutes.
4. To serve, place in a bowl and top each bowl with either croutons or bread. Sprinkle with cheese and broil until cheese melts.

Makes 8-10 servings

IOWA GOULASH

- 1-1/2 pounds lean ground beef
- 1 medium onion, chopped
- 1 can (14.5 oz.) tomatoes, chopped
- 1 can (6 oz.) tomatoe paste
- 1 can (8 oz.) tomato sauce
- 1 teaspoon sugar
- 1/2 teaspoon dried basil
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 clove garlic, crushed
- 1 cup uncooked elbow macaroni
- 1 can (16 oz.) wholekernel corn, drained

Wash hands. Place ground beef and onion in large skillet over medium heat. Cook 8 to 10 minutes or until beef is no longer pink. Transfer meat to large casserole which has been sprayed with vegetable spray. Add remaining ingredients (including dry macaroni) except corn. Cover and heat in microwave on full power 10 minutes, stirring twice during cooking. Stir in corn and continue cooking for 5 more minutes. Let stand 5 minutes.

Makes 6 servings

MICROWAVE MEXI-BEEF MIXTURE



- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 package (1.25 ounces) taco seasoning mix
- 1 can (14.5 ounces) Mexican-style diced tomatoes, undrained

1. Wash hands.
2. Combine ground beef and onion. Break up ground beef with fork; place in 2-quart bowl. Cover and microwave on high 3 minutes. Stir to break up beef and continue cooking on high for 2 minutes. Drain fat and place beef and onion in strainer and rinse with one quart of hot water.
3. Place beef in bowl and sprinkle with taco seasoning; stir in tomatoes.
4. Cover and microwave on high for 5-6 minutes or until heated through. Stir after 3 minutes. Let stand for 3 minutes. Serve as desired or place in four small freezer-microwave containers, seal and freeze.

Micro-Quick Taco Salad

Top 1 to 2 cups thinly sliced shredded lettuce with one portion (3/4 cup) hot microwave Mexi-Beef Mixture, 2 tablespoons shredded Cheddar or Monterey Jack cheese and 2 ripe olives, sliced.

1 serving

Micro-Quick Nachos

Place 10 or 12 large tortilla chips on microwave safe plate. Top with one portion (3/4 cup) hot Microwave Mexi-Beef Mixture, 2 tablespoons shredded Cheddar cheese. Add sliced jalapenos if desired.

1 serving

Micro-Quick Rolled Tortilla Snack

Wrap 2 flour tortillas (6-inch in diameter) in plastic wrap. Microwave on high for 10 seconds. For each tortilla, spread half of one portion (about 1/3 cup per tortilla) hot Microwave Mexi-Beef Mixture across tortilla. Sprinkle with 1 tablespoon shredded Cheddar cheese, roll up.

1 serving

MEXI-CHILI MAC

- 1 pound lean ground beef
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped onion
- 1 clove garlic crushed
- 1 can (14.5 ounces) Mexican-style diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 3/4 cup water
- 3/4 cup uncooked elbow macaroni
- 2 teaspoons Spicy Seasoning Mix (see below)
- 1/2 teaspoon salt

Wash hands. In 3-quart saucepan, brown ground beef, bell pepper, onion and garlic over medium heat 8 to 10 minutes or until the beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings

Stir in remaining ingredients. Bring to a boil; reduce heat to low. Cover tightly and simmer 15 minutes. Remove from heat; cover and let stand 5 minutes before serving.

Makes 4 servings

SPICY SEASONING MIX

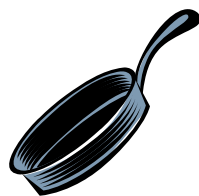
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon dried oregano leaves
- 1/2 teaspoon ground red pepper

Wash hands. Combine all ingredients. Cover and store in airtight container. Shake before using to blend.

Makes about 1/3 cup

BEEF & NOODLE TOSS

- 1 pound lean ground beef
- 2 packages (3 ounces each) Oriental flavor instant ramen noodles
- 2 cups water
- 2 cups frozen Oriental vegetable mixture
- 1/8 teaspoon ground ginger
- 2 tablespoons thinly sliced green onion



Wash hands. In large non-stick skillet, brown ground beef over medium heat 8 to 10 minutes, or until beef is no longer pink, breaking up into 3/4-inch crumbles. Remove with slotted spoon; pour off drippings. Season beef with one seasoning packet from noodles; set aside.

In same skillet, combine water, vegetables, noodles (broken into several pieces), ginger and remaining seasoning packet. Bring to a boil; reduce heat. Cover; simmer 3 minutes or until noodles are tender, stirring occasionally.

Return beef to skillet; heat through. Stir in green onion before serving.

Makes 4 servings

EASY BEEF & SALSA BURRITOS

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| 1 pound lean ground beef | 1 cup prepared chunky salsa |
| 1 tablespoon chili powder | 3/4 cup shredded Cheddar cheese |
| 1/4 teaspoon salt | 8 Medium (10-inch) flour tortillas, warmed |
| 1/4 teaspoon pepper | |
| 1 package (10 ounces) frozen chopped spinach, defrosted, well-drained | |

Wash hands. In large non-stick skillet, brown ground beef over medium heat 8 to 10 minutes, or until no longer pink, stirring occasionally. Pour off drippings.

Season beef with chili powder, salt and pepper. Stir in spinach and salsa; heat through. Remove from heat; stir in cheese.

To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, over-lapping edges. *Makes 8 burritos.*

BEEF & BROCCOLI SLAW WRAPS

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| 1 pound lean ground beef | 3 cups packaged broccoli <i>or</i> cabbage slaw mix |
| 1/4 cup finely chopped onion | 1/4 cup Hoisin sauce (Chinese BBQ sauce) |
| 1/2 teaspoon pepper | 4 medium (10-inch) flour tortillas, warmed |
| | Hoisin sauce (optional) |

Wash hands. In large nonstick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into 1/2-inch crumbles. Pour off drippings. Season with salt and pepper. Stir in slaw mix and 1/4 cup Hoisin sauce; heat through.

Spoon 1/4 of beef mixture (approximately 1 cup) in a row across center of each tortilla to within 1- 1/2 inches of right and left edges. Fold right and left edges of tortilla over filling, fold bottom edge up over filling, then roll up, jelly-roll fashion. Cut crosswise in half, if desired. Serve with extra Hoisin sauce if desired.

Makes 4 servings

RANCHERO BEEF & RICE SKILLET

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| 1 pound lean ground beef | 1/2 teaspoon salt |
| 1 medium red <i>or</i> green bell pepper, cut into 1/2 inch pieces | 3 cups cooked rice, cooled |
| 1 large clove garlic, crushed | 1 cup frozen peas, defrosted |
| 1 tablespoon chili powder | 3/4 cup prepared salsa |

Wash hands. In large non-stick skillet, brown ground beef, bell pepper and garlic over medium heat 8 to 10 minutes, or until beef is no longer pink, breaking beef up into 3/4 inch crumbles. Pour off drippings. Season with chili powder and salt.

Add rice to skillet; mix well. Continue cooking 2 minutes or until rice is hot; stir occasionally. Stir in peas and salsa; heat through.

Makes 4 servings

MEATLOAF IN A MUG



- 1/4 pound lean ground beef
- 2 tablespoons oatmeal or cracker crumbs
- 1 tablespoon catsup
- 2 teaspoons milk
- 1 teaspoon dry onion soup mix

1. Wash hands.
2. Combine all ingredients in small bowl.
3. Pat into microwave-safe mug or custard cup. Make a small hole in center, all the way to the bottom.
4. Cover mug with waxed paper. Microwave on high for 2 to 3 minutes. Pour off any drippings and let stand for 3 minutes before eating. Remove from mug to eat.

Makes 1 serving

BARBECUE BEEF CUPS

- 3/4 pound lean ground beef
- 1/2 cup barbecue sauce
- 1 teaspoon instant minced onion
- 1 can (7.5 ounces refrigerator biscuits)
- 2 slices American cheese

1. Wash hands.
2. Preheat oven to 400 degrees F. Brown ground beef in skillet until no longer pink, stirring occasionally.
3. Drain fat and combine beef with barbecue sauce and onion. Separate biscuits and place 8 biscuits, each in an ungreased muffin tin. Press the dough up the sides and to the edge of the muffin cup.
4. Spoon beef mixture into cups and bake for 10-12 minutes until golden brown. Place $\frac{1}{2}$ slice of cheese on each cup. Return to oven until cheese melts. Remove from muffin cup to serve.

Makes 8 servings

SOUTHWESTERN BEEF SKILLET DINNER

- 1 pound lean ground beef
- 1 small onion, chopped
- 3 cups frozen potatoes O'Brien
- 1 cup prepared salsa
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Optional: green onion and ripe olive slices, shredded Cheddar cheese

1. Wash hands.
2. Brown ground beef and onion over medium heat until no longer pink, stirring occasionally. Pour drippings.
3. Combine beef, potatoes, salt and pepper in skillet. Increase heat to medium-high and cook 5 minutes, stirring occasionally.
4. Stir in salsa and continue cooking until potatoes are lightly browned. Garnish with green onion, ripe olives and cheese if desired.

Makes 4 servings

BEEF AND SALSA-TOPPED POTATOES

- 1 pound lean ground beef
- 2 large baking potatoes
- 1/2 cup chopped onion
- 1 cup prepared salsa
- 1/2 cup shredded Cheddar cheese
- 1 green onion, sliced

1. Wash hands.
2. Scrub potatoes and pierce with fork in several places. Microwave on high for 8-10 minutes until tender, rotating after 4 minutes. Let stand for 5 minutes.
3. Meanwhile brown beef and onion for 8-10 minutes or until no longer pink, stir occasionally. Drain beef and onion. Combine beef, onion and salsa in skillet and cook for 3-4 minutes.
4. Cut potatoes in half lengthwise, break up and fluff with fork. Spoon an equal amount of beef mixture over each potato half. Top with equal amounts of cheese and green onion.

Makes 4 servings