

LAZY BEEF LASAGNA

Total Recipe Time: 50-60 minutes

- 1-1/2 pound ground beef (95% lean)
- 1 tablespoon minced garlic
- 1/4 teaspoon nutmeg
- 1 jar (26 ounces) prepared pasta or marinara sauce
- 1 package (20 to 25 ounces) refrigerated or frozen cheese ravioli
- 1 cup shredded Italian cheese blend



1. Heat oven to 400°F. 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. Remove from skillet with slotted spoon; pour off drippings and return beef to skillet.
2. Stir in 1/2 teaspoon salt, 1/4 teaspoon pepper and nutmeg. Stir in sauce and 1 cup water; bring to a boil. Cook 1 to 2 minutes stirring occasionally.
3. Layer ravioli, beef mixture and cheese, 1/2 at a time, in 13" x 9" baking dish. Bake, covered, in 400°F oven 15 minutes (20 minutes for frozen ravioli). Uncover. Bake an additional 15 to 20 minutes or until sauce is bubbly & pasta is tender. Let stand 5 minutes before serving.

Serves 6 to 8

BEEF STUFFED PEPPERS

Total Recipe Time: 35-45 minutes

- 1 pound **cooked** lean ground beef (95% lean) seasoned with onion
- 2 cups **cooked** rice
- 1 jar (26 ounces) Italian-style marinara sauce
- 6 medium green, red or yellow bell peppers



1. Heat oven to 350°F. Cut tops off bell peppers; remove seeds. Place peppers in pot of boiling water for 3-4 minutes; remove and set aside.
2. Combine cooked ground beef, cooked rice and marinara sauce in large skillet; mix well and heat to warm. Season to taste. Spoon into peppers; stand peppers in 9 x 12-inch baking dish.
3. Bake uncovered in 350°F oven 30-40 minutes, or until instant-read thermometer inserted into center registers 160°F.

Serves 6



Build Your Own Burger

Begin with a basic cooked burger as your foundation, then use your imagination to create a masterpiece. Here are some suggestions that will get you started.

- **Bruchetta Burgers:** Toss chopped red and yellow tomatoes with fresh basil and minced garlic. Place burgers on toasted French bread slices and top with tomato mixture.
- **California Burgers:** Garnish burgers with grilled onions, sliced avocados and alfalfa sprouts. Serve between slices of sourdough bread.
- **Chipotle Burgers:** Mash 2 tablespoons canned chipotle peppers with a fork. Stir in 1/2 cup mayonnaise and spread on toasted buns. Add burgers, tomato slices and pepper jack cheese.
- **Pepperoni Pizza Burgers:** Place burgers on toasted French rolls. Add pizza sauce, pepperoni slices and mozzarella cheese.
- **Reuben Burgers:** For each slice of marble rye bread, spread butter on outside surface and Thousand Island dressing on inside surface. Place burgers, sauerkraut and Swiss cheese between two bread slices and cook in preheated nonstick skillet until bread is toasted and cheese is melted.
- **Tex-Mex Burgers:** Spread refried beans on toasted buns and add a sprinkling of crushed corn chips. Top with burgers, cheese slices and salsa.
- **Worcestershire Burgers:** Sauté sliced mushrooms and sweet onions in Worcestershire sauce. Serve burgers open face on toasted English muffins with the mushroom and onion mixture piled high.



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Quick Ground Beef Recipes

(Classics Made Faster)



Buying, Storing & Cooking Ground Beef

Ground Beef Label — You may see ground chuck, ground sirloin or ground round, but more commonly the label will indicate the percentage of lean to fat. 95% lean/5% fat ground beef qualifies as lean, one of the 29 cuts of lean beef. 70% lean/30% fat is the minimum amount of lean to meet the definition for ground beef. Although all types of ground beef are versatile and nutrient-rich, the easiest way to minimize fat in recipes is to start with at least a 90% lean/10% fat ratio.



What To Look For

- Select beef with a bright cherry-red color.
- Choose beef that is firm to the touch.
- Make sure the package is cold with no holes or tears.
- Choose packages without excessive liquid.
- Purchase beef before the sell-by date.

At-Home Storage

- Refrigerate or freeze as soon as possible after purchase.
- Label each package with the date and weight.
- Store ground beef in the refrigerator (35° - 40°F) for 1 to 2 days or the freezer (0°F or below) for 3 to 4 months.
- Freeze beef in its original transparent wrap up to two weeks. For longer storage, wrap in heavy-duty aluminum foil or place in plastic freezer bags, removing the air.
- Cooked ground beef can be stored in the refrigerator 3 to 4 days or in the freezer for 2 to 3 months.

Cooking

- Use a gentle touch. Overmixing ground beef will result in burgers, meatloaves or meatballs with a firm, compact texture.
- Turn ground beef patties with a spatula. Do not press. Pressing causes the loss of juices and results in a dry burger.
- Recipe 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. Due to the natural nitrate content of ingredients often used in meatloaf, such as onions, celery and bell peppers; meatloaf may remain pink even when a 160° F internal temperature has been reached.
- Insert an instant-read thermometer into the center or thickest part of the meatloaf or meatball, or horizontally from the side into the center for patties.



BEEF WITH RED BEANS AND RICE

Total Recipe Time: 25-40 minutes

- 1 pound ground beef (95% lean)**
- 1 bell pepper, diced**
- 1 can (15 ounces) red or kidney beans, drained**
- 1 package (5.4 to 6.8 ounces) Mexican rice mix with seasonings**
- 1 tomato, seeded, diced**



1. Heat large nonstick skillet over medium heat until hot. Add ground beef and bell pepper; cook 8-10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings and return to skillet.
2. Stir in beans, rice mix, seasonings and water according to package directions, omitting oil or margarine; bring to a boil. Reduce heat; cook according time indicated in package directions or until rice is tender. Top with tomato: season with salt and pepper, as desired.

Serves 4

MUFFIN TIN MEATLOAVES

Total Recipe Time: 30 minutes

- 1-1/2 lb lean ground beef**
 - 1 cup soft bread crumbs**
 - 1 egg, slightly beaten**
 - 1 teaspoon dried Italian seasoning**
- Topping:*
- 1/4 cup ketchup**
 - 3 tablespoons brown sugar**
 - 2 tablespoons prepared mustard**
 - 1/4 teaspoon nutmeg (optional)**



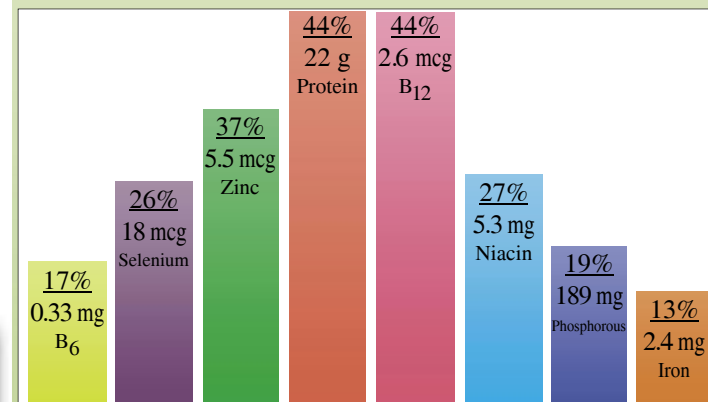
1. Heat oven to 400°F. Combine topping ingredients and set aside. In larger bowl, combine remaining ingredients. Mix lightly, but thoroughly.
2. Place approximately 1/3 cup beef mixture into each of 12 medium muffin cups, pressing lightly. Spread topping mixture evenly over tops.
3. Bake in 400°F oven 20 minutes, until instant-read thermometer inserted into center registers 160°F.
4. Remove meatloaves from pan to serve.

Serves 6

The ground beef **Nutrition Facts** from the USDA may surprise you.*

Serving Size 3-ounce cooked

	Ground Beef		
	95% Lean	90% Lean	85% Lean
Total Fat (g)	5	9	12
Saturated Fat (g)	2	4	5
Cholesterol (mg)	65	70	73
Calories (g)	139	173	197



Government data show 95% lean ground beef provides high percentages of the Daily Value** of these essential nutrients and is also low in fat and calories.

*U.S. Department of Agriculture, ARS, 2008. USDA Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory home page www.nal.usda.gov/fnic/foodcomp. Based on a 3-oz cooked serving of ground beef, 95% lean/5% fat, pan broiled (NDB No. 23559).

**Based on a 2000 calorie intake for adults and children 4 or more years of age.

