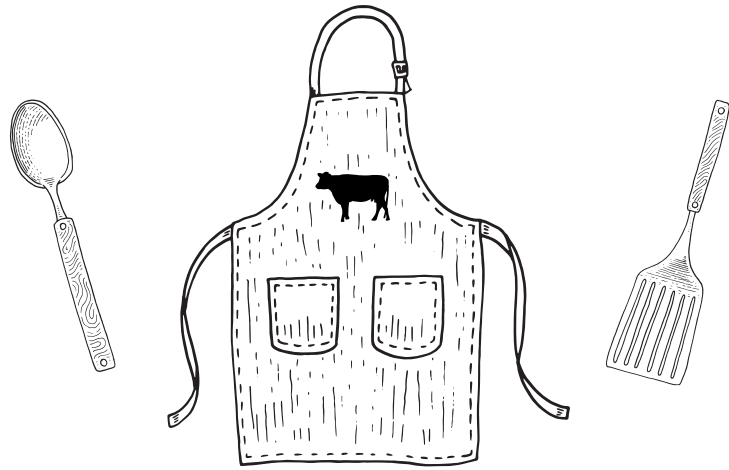


# My Beef Recipe Book



Name: \_\_\_\_\_

## English Muffin Cheeseburger Pizzas

### Ingredients

1-1/2 lbs ground beef (95% lean)	6 English muffins, split, toasted
2 cups pasta sauce (any variety)	1/2 cup reduced-fat shredded cheddar cheese
1 cup diced onion	1/4 cup reduced-fat shredded mozzarella cheese
1 cup diced red bell pepper	
1 tbsp plus 1 tsp dried Italian seasoning	
1/4 tsp salt	

### Directions

1. Preheat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, onion, bell pepper, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, stirring occasionally.
2. Top each muffin half evenly with beef mixture and cheeses. Bake at 400°F 5 to 7 minutes or until cheese is melted.



**DYK?** Cows have unique stomachs structure, allowing them to eat and digest what humans can't—turning grass into protein!

## Ground Beef Pasta Skillet

### Ingredients

1 lb ground beef (96% lean)	half lengthwise, then crosswise into 1/2-inch slices
1 (14-1/2 oz) can reduced-sodium beef broth	1 can (14-1/2 oz) no-salt added diced tomatoes
1 cup uncooked whole wheat pasta	1-1/2 tsp Italian seasoning
2 zucchini or yellow squash, cut in	

### Directions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.



**DYK?** The majority of cows spend most of their lives eating grass. They also eat hay, grain and other local byproducts like citrus pulp and sunflower hulls.

## Beefy Sweet Potato Hash

### Ingredients

12 oz cooked beef (steak, roast, etc), cut into 1/2-inch cubes	1/4 cup water
1 large sweet potato, unpeeled, cut into 1/2-inch cubes	1 tbsp vegetable oil
1 medium yellow onion, chopped	2 tbsp sour cream
1 tbsp taco seasoning mix	1 tsp hot pepper sauce
	Chopped fresh cilantro

### Directions

1. Combine sweet potatoes, onion and taco seasoning in large skillet over medium heat. Add water. Cover and cook 8 to 10 minutes or until tender and water has almost evaporated. Stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring occasionally. Combine sour cream and hot sauce in small bowl. Set aside.
2. Add beef to potato mixture. Continue to cook 5 minutes or until beef is heated through. Garnish with cilantro (optional). Serve with sour cream mixture.



**DYK?** More than 90% of U.S. cattle farms are family owned.

## Beefy Sweet and Sloppy Joes

### Ingredients

1 lb ground beef (96% lean)      1 can or bottle (12 oz) 100% vegetable juice  
1 cup chopped yellow, green or red bell pepper      1 tbsp Worcestershire sauce  
3/4 cup finely chopped onion      4 whole wheat hamburger buns, split  
2 tbsp lightly-packed brown sugar

### Directions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4-inch crumbles and stirring occasionally.
2. Stir in brown sugar, vegetable juice and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
3. Evenly place beef mixture on bottom half of each bun; close sandwiches.



**DYK?** Beef has ten essential nutrients, including zinc, iron and B-vitamins.

## Confetti Beef Tacos

### Ingredients

1 lb ground beef (93% lean or leaner)      1 can (11 oz) corn, drained  
2 tsp chile powder      1 cup prepared chunky salsa  
1/2 tsp salt      8 taco shells

### Directions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, as necessary; season with chile powder and salt, as desired.
2. Stir in corn and salsa; heat through. Serve in taco shells with toppings, as desired.



**DYK?** One serving of lean beef can provide half of your daily protein!

## Beef Chili

### Ingredients

1 lb ground beef (96% lean)      1 can (14-1/2 oz) unsalted beef broth  
1 can (15 oz) reduced-sodium black beans, rinsed and drained      1 can (14-1/2 oz) unsalted diced tomatoes  
1 can (4 oz) diced green chilies or sliced jalapeño peppers      2 tbsp chili powder

### Directions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in beans, green chilies, broth, tomatoes and chili powder; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Garnish with Toppings, as desired.



**DYK?** Cows have insulated coats to keep them warm in the wintertime. Animal care is top priority for farm families.



For more information on beefing up school lunches, visit [mobeefkids.com](http://mobeefkids.com)

*\*Recipes courtesy of Beef it's What for Dinner.*

For recipes, tips and all things beef, visit [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)

*\*Always have adult supervision when cooking.*