

# Ground Beef Recipes

Neighbors, Inc., South St. Paul, MN 55075



## Menu Makers Ground Beef Cornbread

### You will need:

1 lb. ground beef	2 cups COOKED pinto beans	1 package (15 oz.) cornbread mix
1 (8 oz.) package Colby or Monterey jack cheese, shredded		1 (1.25 oz.) package taco seasoning mix

### Instructions:

- Preheat oven to 425 degrees F. Brown and crumble meat over medium-high heat in a large skillet.
- Drain meat. Mix taco seasoning with  $\frac{3}{4}$  cup water. Add to meat mixture.
- Bring to a boil. Stir and simmer for 5 min. Place meat in bottom of 9x9-inch casserole dish.
- Layer mashed pinto beans on top of meat. Layer bag of cheese on top of beans.
- Prepare cornbread mix according to package instructions. Spoon cornbread on top of cheese.
- Place casserole dish into oven. Cook until cornbread is done, 20 - 30 minutes.

## Menu Makers Ground Beef Porcupine Meatballs

### You will need:

1 lb. ground beef	2 (10.75 oz.) cans tomato soup	1 cup Minute rice
1 egg, slightly beaten	$\frac{1}{4}$ cup finely chopped onion	1 tsp. salt      shortening or oil
1 small garlic clove, minced	$\frac{1}{4}$ soup can of water	1 tsp. prepared mustard, optional

### Instructions:

- Mix  $\frac{1}{4}$  cup soup with beef, rice, egg, onion, and salt. Shape into 16 meatballs.
- Brown meatballs and garlic in shortening or oil. Pour off fat.
- Blend in remaining soup, water, and mustard. Cover and simmer for 20 minutes.
- Stir now and then. Serves 4.

## Menu Makers Ground Beef Pizza Burgers

### You will need:

1 lb. ground beef	1 medium onion, chopped	1 (14 oz.) jar pizza sauce
5 slices American cheese (1/4 lb. cheese)	1 cup mozzarella cheese	hamburger buns

### Instructions:

- Brown ground beef and onion together, salt and pepper to taste. Cut cheese into small pieces.
- Add cheese to beef mixture and stir until cheese melts into beef mixture.
- Add the jar of pizza sauce and heat until bubbly. Place hamburger buns on a cookie sheet.
- Make sure buns are open side up. Spoon meat mixture onto bun halves.
- Top with 2 tbs. mozzarella cheese.
- Bake in 400 degrees oven for 10 - 12 min. until cheese is desired color. Yields 8 sandwiches.

### Menu Makers Ground Beef Stew

**You will need:**

1 lb. ground beef, cooked and drained	2 carrots, diced	$\frac{1}{2}$ onion, peeled and diced
3 - 4 potatoes, peeled and diced	1 $\frac{1}{2}$ cups frozen green beans	1 (6 oz.) can (spicy) tomato juice
1 (14 oz.) can diced or crushed tomatoes	2 beef bouillon cubes	2 cups water      salt to taste

**Instructions:**

- Cook ground beef. Place everything in a pot. Bring to a boil and reduce heat to simmering.
- Cover and cook for an hour or until vegetables are desired tenderness.
- Even better reheated the next day! This stew recipe freezes well.

### Menu Makers Ground Beef Au Gratin

**You will need:**

1 lb. ground beef	1 tsp. salt	$\frac{1}{2}$ tsp. pepper
3 tbsp. butter or margarine	1 small onion, chopped (1/4 cup)	3 tbsp. all-purpose flour
3 cups shredded mild Cheddar cheese	3 cups milk	1 tsp. oregano
6 medium white potatoes (2 $\frac{1}{2}$ lb.), thinly sliced (6 cups)		

**Instructions:**

- Heat oven to 375 degrees F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In a 10-inch skillet, cook beef, salt, and pepper over medium-high heat 5 - 7 min.
- Stir frequently until beef is thoroughly cooked; drain.
- In a 3-quart saucepan, melt butter over medium-low heat. Add onion. Stir until tender; about 2 min.
- Stir in flour. Cook 1 to 2 min., stirring constantly until bubbly. Remove from heat. Stir in oregano.
- Stir milk into onion mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Remove from heat. Stir in 2 cups of the cheese until melted. Spread half the potatoes in baking dish.
- Top with beef. Spread the remaining potatoes over the beef. Pour cheese sauce over potatoes.
- Cover with foil; bake 45 minutes. Sprinkle remaining 1 cup of cheese over potatoes.
- Bake uncovered 10 - 20 min. longer or until top is brown and bubbly and potatoes are tender.
- Let stand 5 minutes before serving.

### Stuffed Pepper Soup

**You will need:**

1 lb. ground beef	3 cups water	1 (14 oz.) can tomato sauce
1 (14 oz.) can diced tomatoes, undrained	1 cup chopped green peppers	1 tsp. salt
1/8 cup packed brown sugar	1 tsp. beef bouillon or 1 cube	$\frac{1}{2}$ tsp. pepper
chopped fresh parsley	cooked elbow macaroni; optional	

**Instructions:**

- In a Dutch oven or fry pan, cook, stir, and break beef into small pieces until no longer pink. Drain.
- Stir in next 8 ingredients; bring to a boil. Reduce heat.
- Simmer, uncovered, until peppers are tender, about 30 minutes.
- Add pasta; simmer, uncovered, 10 minutes longer. If desired, sprinkle with fresh chopped parsley.