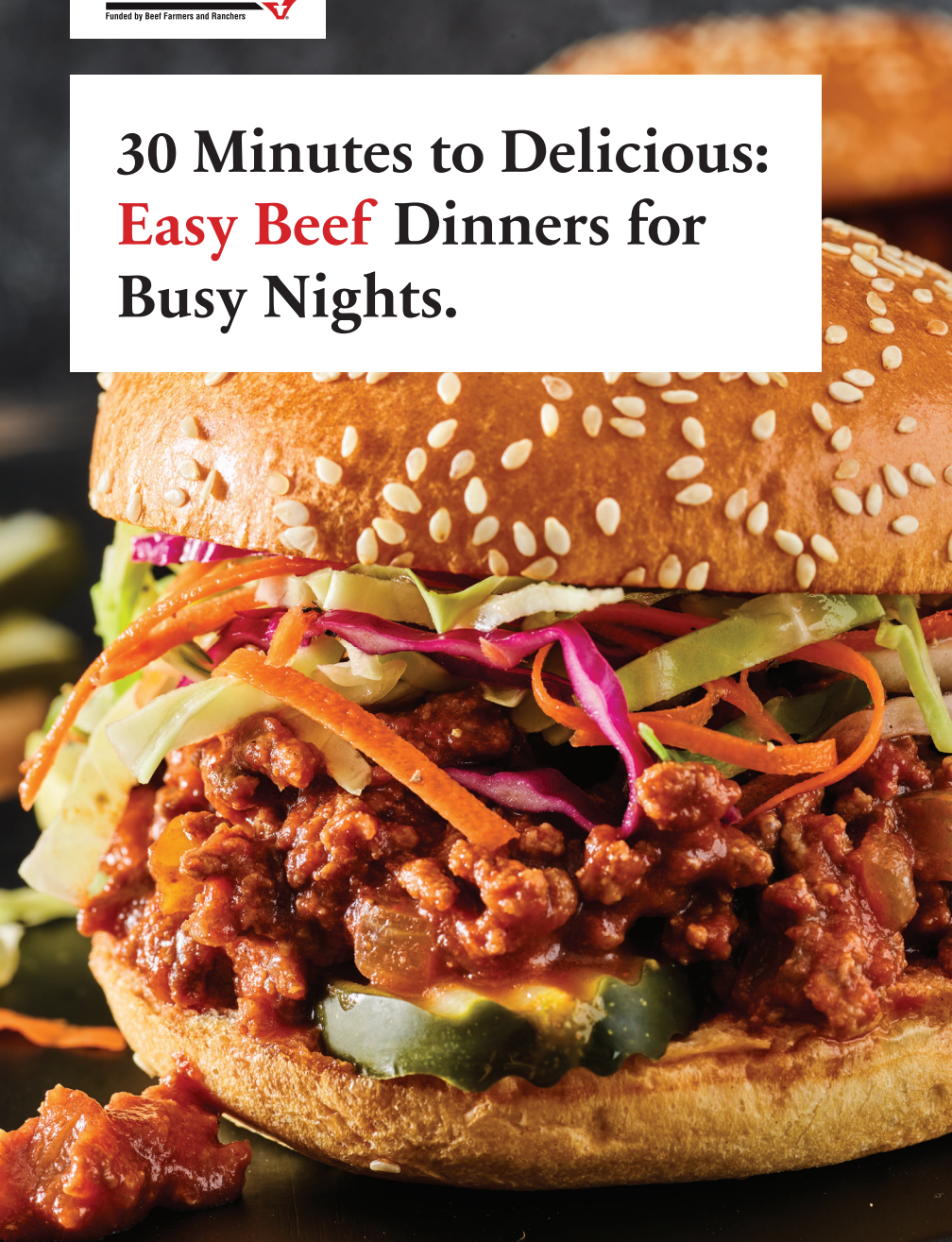




30 Minutes to Delicious: **Easy Beef** Dinners for Busy Nights.



Sloppy Joes Your Way

Ingredients:

Traditional:

- 1 pound ground beef
 - 1 cup finely chopped yellow onion
 - 1 cup finely chopped green, red or yellow bell pepper
 - 1 can (15 ounces) no salt added tomato sauce
 - 2 tablespoons brown sugar
 - 2 tablespoons Worcestershire sauce
 - 4 hamburger buns, split, warmed
- Toppings:
- Dill pickle slices, coleslaw, American or Cheddar cheese slices

Cooking:

1. Heat large, nonstick skillet over medium heat until hot. Add ground beef, onion and bell pepper; cook 8 to 10 minutes, breaking beef into small crumbles and stirring occasionally. Pour off drippings, as necessary.
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.
2. Stir in tomato sauce, brown sugar and Worcestershire sauce. Bring to a boil and cook 5 to 7 minutes or until sauce is thickened, stirring occasionally. Season with salt, as desired.
Cook's Tip: Two cans (8 ounces each) tomato sauce may be substituted for 1 can (15 ounces) no salt added tomato sauce.
3. Divide beef mixture evenly onto rolls. Garnish with toppings, as desired.

Recipe Variations:

Southwest Variation: Prepare recipe as directed above, substituting 2 cups salsa for tomato sauce and omitting Worcestershire sauce and brown sugar. Add ½ cup drained canned black beans and ½ cup frozen corn with ingredients in step 2. Serve in warmed taco shells. Garnish with shredded lettuce, chopped tomato, shredded pepper-jack cheese, chopped avocado, pickled or fresh jalapeño slices and chopped cilantro, as desired.

Hawaiian Variation: Prepare recipe as directed above, substituting ½ cup sweet barbecue sauce for tomato sauce and omitting Worcestershire sauce. Add 1 undrained can (8 ounces) crushed pineapple in juice with ingredients in step 2. Serve in small sweet Hawaiian honey wheat dinner rolls. Garnish with dill or sweet pickle slices or pickled jalapeño slices, as desired.

Asian Variation: Prepare recipe as directed above, adding 1 tablespoon ground ginger with ingredients in step 1. Substitute 2 tablespoons hoisin for Worcestershire sauce. Serve in warm crusty rolls. Garnish with cucumber slices, shredded carrot and chopped cilantro or chopped green onion, as desired.

Chef Tip: Pick the Right Pan for the Job.

Make sure to use the correct pan size specified in a recipe. A pan that is too small crowds the beef, which traps steam and keeps it from browning. A pan that is too large can lead to overcooking.

4 SERVINGS



Four-Way Slow Cooker Shredded Beef

4 SERVINGS

Ingredients:

- 1 beef cross rib roast, shoulder roast or blade chuck roast boneless (about 2 to 2½ pounds)
- 1 tablespoon vegetable oil (optional)
- 1 large onion, chopped
- 2 tablespoons minced garlic
- Salt and pepper to taste

Cooking:

1. For optional browning, heat oil in large, nonstick skillet over medium heat until hot. Brown beef roast on all sides.
2. Place onion and garlic in 3½ 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, to taste. 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.



Four-Way Mini Meatloaves

6 SERVINGS

Ingredients:

Base Meatloaf Recipe

- 1½ pounds ground beef
- ⅓ cup saltine, butter cracker or Panko bread crumbs
- ⅓ cup finely chopped onion
- ⅓ cup reduced-fat 2% milk
- 1 egg, lightly beaten
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon pepper

Toppings:

- Ketchup or barbecue sauce and shredded cheddar cheese

Cooking:

1. Heat oven to 350°F. Combine all ingredients in large bowl, mixing lightly but thoroughly.
Cook's Tip: To make cracker crumbs, place crackers in food-safe plastic bag; close bag securely, squeezing out air. Crush crackers with rolling pin to form fine crumbs.
2. Shape beef mixture into 12 equal portions. Place into 12-cup standard muffin pan, lightly patting beef mixture to level top. Bake in 350°F oven 19 to 20 minutes, until internal temperature reaches 160°F.
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. Remove from oven. Garnish with toppings, as desired. Let stand 5 minutes before serving.

Recipe Variations:

Italian Mini Meatloaves: Add ½ cup chopped mushrooms, ½ cup pasta sauce and ¼ cup chopped fresh basil to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with shredded Parmesan cheese. Let stand 5 minutes before serving. Serve with additional pasta sauce and garnish with additional chopped basil, as desired.

Greek Mini Meatloaves: Add 3 tablespoons chopped Kalamata olives and ½ teaspoon dried oregano to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with crumbled feta cheese. Let stand 5 minutes before serving. Serve with prepared tzatziki sauce. Garnish with sliced cucumber, as desired.

Asian Mini Meatloaves: Add ¼ cup chopped green onions and 1 teaspoon minced fresh ginger to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with hoisin sauce or teriyaki glaze. Let stand 5 minutes before serving. Garnish with chopped peanuts, sliced green onions or chopped cilantro, as desired.



Beef Doner Kebabs

6 SERVINGS

Ingredients:

- 1 pound ground beef
- ½ small onion, quartered
- ¼ cup Greek yogurt
- 1 tablespoon olive oil
- 2 teaspoons garlic
- 2 teaspoons Kosher salt
- 2 teaspoons Greek seasoning
- 2 teaspoons tomato paste
- 1 teaspoon ground black pepper
- ¼ teaspoon ground sumac
- ¼ teaspoon ground cloves
- ¼ teaspoon cayenne pepper
- 1 tablespoon chopped fresh parsley
- 4 naan or pita flatbreads (about 8-inch diameter)

Garnish:

- ½ cup Greek yogurt
- ¼ cup fresh lemon juice
- 1 jalapeño pepper, seeds removed and finely chopped
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- ½ teaspoon ground sumac
- ¼ teaspoon Kosher salt

Lettuce leaves, pepperoncini, feta cheese, sliced tomatoes, cucumbers and sliced red onion (optional)

Cooking:

1. Preheat oven to 400°F. Place onion, yogurt, olive oil, garlic, salt, Greek seasoning, tomato paste, black pepper, sumac, cloves and cayenne pepper in food processor bowl. Pulse on and off into a smooth paste; transfer onion mixture to large bowl.
2. Combine ground beef and onion mixture. Stir in parsley; mix lightly but thoroughly. (Do not overmix).
3. Divide beef mixture into four sections. Place one section between two sheets of parchment paper (about 12x17-inch in size); roll or spread mixture as thin as possible (about ¼-inch thick). Roll sheet into a tight log and place on large shallow sheet pan. *Cook's Tip: Use a rolling pin to help evenly roll out beef as thinly as possible.*
4. Bake 25 minutes; let stand 3 to 5 minutes. Unwrap and discard parchment paper. *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.*
5. Meanwhile, prepare yogurt sauce. Place yogurt, lemon juice, jalapeño, olive oil, parsley, sumac and salt in food processor bowl. Pulse on and off 10 to 15 seconds or until smooth. Set aside.
6. Divide beef evenly among flatbreads. Add toppings, as desired. Serve with yogurt sauce.

A vibrant stir-fry featuring tender beef strips, bright green broccoli florets, orange bell pepper strips, and sugar snap peas, all served over a bed of white rice on a dark blue plate. A pair of wooden chopsticks rests on the left side of the plate.

Asian Beef Stir-Fry

4 SERVINGS

Ingredients:

- 1 beef top sirloin steak boneless (about 1 pound), cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 teaspoon minced garlic
- ½ cup stir-fry sauce
- ⅛ to ¼ teaspoon crushed red pepper
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)

Cooking:

1. Cut beef steak lengthwise in half, then crosswise into ¼-inch thick strips.
2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.
3. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until internal temperature of 145°F for medium rare as measured by a meat thermometer. Remove. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

Chef Tip: Freeze for an Easier Slice.

When stir-frying, place the steak in the freezer for about 30 minutes before you cut it. Partially freezing the steak allows for easier slicing.

A hearty pasta dish featuring bow tie pasta, tender asparagus spears, and crumbled ground beef, all tossed together and topped with a generous amount of shredded Parmesan cheese in a light-colored bowl.

Beef & Asparagus Pasta Toss

4 SERVINGS

Ingredients:

- 1 pound ground beef
 - 3 cups uncooked bow tie pasta
 - 1 pound fresh asparagus, cut into 1-inch pieces
 - 1 tablespoon olive oil
 - ¼ cup minced shallots (about 2 large)
 - 1 tablespoon minced garlic
- Salt and pepper
- Garnish:
- ¼ cup shredded Parmesan cheese (optional)

Cooking:

1. Cook pasta in salted boiling water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta and asparagus are tender. Drain well.
2. Meanwhile, heat large, nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings.
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. Heat oil in same skillet over medium heat until hot. Add shallots and garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef; toss to mix. Season with salt and pepper, as desired.
4. Combine beef mixture with pasta and asparagus in large bowl; toss well. Sprinkle with cheese, if desired.
Cook's Tip: For a unique twist on flavor, sprinkle with chopped fresh mint or fennel fronds.



Mango Tango Tacos

4 SERVINGS

Ingredients:

- 1 boneless beef top sirloin steak, cut $\frac{3}{4}$ inch thick (about 1 pound)
- 1 package (1 $\frac{1}{4}$ ounces) low sodium taco seasoning mix
- 3 teaspoons olive oil, divided
- 1 cup chopped onion
- 8 whole grain tortillas (8-inch diameter), warmed
- 2 cups shredded lettuce
- 1 cup fat-free shredded Cheddar cheese
- $\frac{1}{2}$ cup chunky salsa
- 1 cup chopped fresh mango

Cooking:

1. Cut beef steak in half, lengthwise then crosswise into $\frac{1}{4}$ -inch thick strips. Combine beef and taco seasoning mix in medium bowl; stir to coat beef.
2. Heat 1 teaspoon oil in large, nonstick skillet over medium-high heat until hot. Add half of beef; stir fry 1 to 2 minutes or until outside of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Set aside; keep warm.
3. Heat remaining 1 teaspoon oil in same skillet until hot. Add onion; cook 2 to 3 minutes or until tender. Return beef to skillet; cook 1 minute or until heated through.
4. Place equal amounts of steak and onion on each tortilla; top with lettuce, cheese, salsa and mango.



Cuban Crispy Shredded Beef

4 SERVINGS

Ingredients:

- 12 ounces shredded cooked (leftover) beef, such as chuck pot roast
- 1 cup sliced green bell pepper
- 1 cup sliced onion
- $\frac{1}{4}$ cup fresh lime juice
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon ground black pepper
- Hot cooked rice, black beans and lime wedges (optional)

Cooking:

1. Combine the beef, bell pepper, onion, lime juice, oil, garlic, $\frac{1}{4}$ teaspoon salt and black pepper in large bowl. Marinate in refrigerator for 15 minutes or up to 1 $\frac{1}{2}$ hours.
2. Heat a large, nonstick skillet over medium-high heat until hot. Spread $\frac{1}{3}$ of beef mixture in thin layer in skillet. Cook until crispy in spots, turning several times, 2 to 3 minutes. Remove from skillet. Repeat twice with remaining beef mixture.
3. Season beef with remaining $\frac{1}{4}$ teaspoon of salt.
4. Serve with rice, black beans and lime wedges, as desired.

Alternative Cooking Method:

Recipe can be made in a 8-quart air fryer. Heat air fryer to 375°F. Spread $\frac{1}{3}$ of beef mixture in thin layer in basket. Cook until crispy in spots, turning several times, 6 to 8 minutes. Remove from basket. Repeat twice with remaining beef mixture. Season beef with remaining $\frac{1}{4}$ teaspoon of salt.



Beef Confetti Taco Salad

4 SERVINGS

Ingredients:

- 1 pound ground beef
- $\frac{2}{3}$ cup salsa
- $\frac{1}{2}$ cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about 1 cup)
- 8 cups mixed salad greens
- $\frac{1}{2}$ cup diced bell pepper
- $\frac{1}{4}$ cup thinly sliced red onion

Cooking:

1. Heat large, nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.
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.
2. Line 4 plates with salad greens. Divide beef mixture among plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and dressing, as desired.
Cook's Tip: Optional toppings: sliced ripe olives, prepared ranch or French dressing



Cheeseburger Mac

4 SERVINGS

Ingredients:

- 1 pound ground beef
- $\frac{1}{4}$ cups water
- 1 cup dry elbow macaroni
- 6 ounces shelf stable block cheese, cut into cubes
- 8 to 10 dill pickle slices (optional)

Cooking:

1. Heat large, nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally.
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.
2. Stir in water and macaroni; bring to a boil. Reduce heat; cover and simmer 9 to 11 minutes or until macaroni is tender.
3. Stir in cheese cubes. Cook 1 to 2 minutes or until heated through, stirring occasionally.
4. Season with salt and pepper. Serve beef mixture topped with pickle slices, if desired.

Dietitian Tip: Iron Boosting Bonus.

The vitamin C in bell peppers enhances the absorption of non-heme iron in the meal, adding a boost to the easily absorbed heme iron found in beef!

Cook JD, Reddy MB. Effect of ascorbic acid intake on nonheme-iron absorption from a complete diet. Am J Clin Nutr. 2001;73(1):93-98. doi:10.1093/ajcn/73.1.93

French Onion Meatball Subs



4 SERVINGS

Ingredients:

- 1 pound ground beef
- 1 egg, beaten
- 1 packet (1 ounce) onion soup mix
- ¼ cup dry bread crumbs
- ¼ teaspoon ground black pepper
- 2 tablespoons canola oil
- 1 packet (0.87 ounces) brown gravy mix
- 2 cups water
- 4 sub rolls, split
- 8 slices Gruyere cheese
- 1 green onion, thinly sliced

Caramelized Onions:

- 1½ cups thinly sliced onion
- 2 tablespoons butter

Cooking:

1. Combine ground beef, egg, onion soup mix, breadcrumbs and pepper in large bowl, mixing lightly but thoroughly. Shape into twelve 2-inch meatballs.
2. Heat oil in nonstick skillet over medium-high heat. Add meatballs; cook 5 minutes or until meatballs begin to brown, turning occasionally. Remove from skillet; set aside.
3. Meanwhile, add onion and butter to skillet; cook 8 to 10 minutes or until caramelized, stirring often. Lower heat if necessary. Add gravy mix and water; whisk until thickened. Return meatballs to skillet. Cook 8 to 10 minutes or until heated through and reach an internal temperature of 160°F.
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.
4. Preheat broiler to high. Place half of cheese in bottom of sub rolls; top with 3 meatballs, gravy and remaining cheese. Place in broiler pan so surface of subs is 3 to 4 inches from heat. Broil 2 to 3 minutes or until cheese melts. Sprinkle with green onion.

Easy Roast Beef Potluck Rolls



12 SERVINGS

Ingredients:

- 1 pound thinly sliced reduced-sodium deli roast beef
- 1 package (12 ounces) Hawaiian rolls
- ¼ cup cream-style horseradish
- 6 slices reduced-fat provolone cheese
- ⅓ cup butter, melted
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dried parsley leaves
- 2 teaspoons packed light brown sugar
- ¼ teaspoon onion powder

Cooking:

1. Coat 9 x 13-inch baking dish with cooking spray. Cut rolls in half, horizontally. Place bottom halves of rolls in prepared baking dish; spread horseradish on cut side. Top with deli roast beef, cheese and top halves of rolls.
Cook's Tip: You may substitute Dijon mustard for prepared horseradish.
2. Combine butter, Worcestershire sauce, parsley, sugar and onion powder in small bowl; mix to combine. Pour mixture evenly over sandwiches. Cover and refrigerate 1 hour to overnight.
3. Preheat oven to 350°F. Bake, uncovered, 15 to 20 minutes or until cheese is melted and rolls are golden brown.

Spicy Nacho Beef Pizza



4 SERVINGS

Ingredients:

- 1 pound ground beef
- ¼ teaspoon salt
- 1 to 2 tablespoons finely chopped pickled jalapeño pepper slices
- ¾ cup thick-and-chunky salsa
- 1 package (14 to 16 ounces) thick or thin prebaked pizza crust
- ¾ cup nacho cheese and salsa dip
- ⅓ cup pickled jalapeño pepper slices

Cooking:

1. Preheat oven to 450°F. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Pour off drippings. Season with salt. Stir in finely chopped jalapeños and salsa.
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.
2. Place pizza crust on pizza pan or large baking sheet. Spread dip evenly on crust, leaving 1-inch border around edge. Top evenly with beef mixture and jalapeño slices.
3. Bake in 450°F oven 12 to 15 minutes or until edge of crust is deep golden brown. Cut into 8 wedges.

Shredded Beef & Egg Quesadillas



4 SERVINGS

Ingredients:

- 6 ounces cooked beef, shredded or chopped into bite size pieces
 - 4 large eggs, slightly beaten
 - 4 medium flour tortillas (8-to 10-inch diameter)
 - 1 cup shredded reduced-fat Mexican blend cheese
 - 1 can (4 ounces) chopped or diced green chilies, drained
- Toppings (optional):
- Sour cream, salsa, chopped cilantro, guacamole

Cooking:

1. Heat large, nonstick skillet over medium-high heat until hot. Add beef and eggs; cook and stir until eggs are scrambled. Season with salt and pepper as desired.
2. Top two flour tortillas with ¼ cup cheese. Evenly divide beef mixture between two tortillas. Top each with half of the chilies and half of remaining cheese. Place remaining two tortillas on top.
3. Wipe out skillet. Heat skillet over medium heat until hot. Cook quesadillas, one at a time, 2 minutes or until tortilla is lightly browned. Turn and continue cooking 1 to 2 minutes. Cut each quesadilla into wedges. Serve with toppings, if desired.

Chef Tip: Season for What's Next.

When you batch cook beef, season it simply. A neutral base gives you room to take leftovers in a new direction later, whether that's tacos, soup or a quick skillet meal. Cook a double batch on the weekend, freeze it in meal-size portions and pull it out when the week gets busy.



Beef Brisket Taquitos

Ingredients:

- 2½ cups cooked (leftover) smoked beef brisket, chopped
- 2 tablespoons butter
- 1 cup thinly sliced onion
- ¼ teaspoon salt
- 1 cup chopped pepper Jack cheese
- 4 ounces cream cheese, softened
- ½ cup salsa
- ¼ cup thinly sliced green onion
- 12 corn tortillas (6-to 7-inch diameter), warmed

Avocado Crema:

- 1 avocado, pitted and halved
- 1 jalapeño pepper, halved and seeds removed
- ½ bunch fresh cilantro
- ⅓ cup plain Greek yogurt
- 2 limes, juiced
- 1 teaspoon salt

Cooking:

1. Heat butter in large skillet over medium heat until hot. Once melted, add onion and ¼ teaspoon salt. Cook 8 to 10 minutes or until onion is browned and caramelized, stirring occasionally.
2. Meanwhile, in medium bowl combine pepper jack cheese, cream cheese, salsa and green onion. Stir in caramelized onions and brisket. Preheat air fryer to 400°F.
3. Place tortillas evenly on work surface; spray both sides with cooking spray. Divide meat mixture evenly between tortillas (about ½ cup). Roll up tightly.
Cook's Tip: Crisping tortillas, on both sides, in a nonstick skillet before assembling makes rolling easier and prevents crumbling.
4. Place seam side down, in a single layer, in air fryer basket. Cook 8 to 10 minutes or until browned and crispy.
Cook's Tip: Mix it up! Add corn, diced potatoes or black beans to filling.
5. For avocado crema, place avocado, jalapeño pepper, cilantro, yogurt, lime juice and salt in bowl of food processor; pulse until smooth. Serve crema with taquitos.

12 SERVINGS



Beef & Vegetable Fried Rice

Ingredients:

- 1 pound ground beef
- 2 teaspoons minced garlic
- 1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
- 1 red bell pepper, cut into ½-inch pieces
- 1 package (6 ounces) frozen pea pods
- 3 cups cooked rice cold
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons sesame oil
- ¼ cup thinly sliced green onions

Cooking:

1. Heat large, nonstick skillet over medium heat until hot. Add ground beef, garlic and ginger; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings, as necessary.
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.
2. Heat 2 tablespoons water in same skillet over medium-high heat until hot. Add bell pepper and pea pods; cook 3 minutes or until pepper is crisp-tender, stirring occasionally. Stir in rice, soy sauce and sesame oil.
3. Return beef to skillet; heat through. Stir in onions.

4 SERVINGS

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