

September 2024 TV Recipes—Back to School with Beef!

Back-to-school time always comes faster than you think. Making that transition from a flexible summer schedule to a structured school week with early mornings and busy nights can be tough for the kiddos (and parents). For busy school nights, quick and easy meals are a total lifesaver.

Beef & Cheese Tortilla Towers

Piled high and chock-full of nutrients, this tower of beef and cheesy tortillas with a fresh fruit salsa is sure to please everyone in the family.

Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (95% lean)
- 1 jar (16 ounces) thick-and-chunky salsa
- 3/4 cup canned black beans, rinsed, drained
- 1/2 teaspoon ground cumin
- 7 small whole wheat tortillas (6 to 7-inch diameter)
- 1 cup shredded reduced-fat Mexican cheese blend
- Chopped fresh cilantro (optional)
- Cantaloupe-Mango Salsa:
 - 1 cup coarsely chopped ripe mango
 - 1 cup coarsely chopped cantaloupe
 - 1/8 to 1/4 teaspoon crushed red pepper



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. Remove drippings. Stir in salsa, beans and cumin. Cook 3 to 5 minutes or until heated through and most of liquid has evaporated. Remove from heat.
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 oven to 350°F. Spray baking sheet with nonstick cooking spray. Place 2 tortillas in single layer on pan. Spoon generous 1/2 cup beef mixture on each tortilla; sprinkle each with 2 tablespoons cheese. Repeat layering of tortillas, beef mixture and cheese twice. Sprinkle remaining cheese over tops of tortilla towers. Cut 8 small stars from remaining tortilla with cookie cutter; arrange on towers. Bake in 350°F oven 12 to 15 minutes or until heated through and cheese melts.
3. Meanwhile, combine salsa ingredients in small bowl. Set aside.
4. Cut each tortilla tower into 4 wedges. Garnish with cilantro, if desired. Serve with fruit salsa.

Nutrition information per serving: 478 Calories; 117 Calories from fat; 13g Total Fat (7 g Saturated Fat; 3 g Monounsaturated Fat;) 91 mg Cholesterol; 1725 mg Sodium; 65 g Total Carbohydrate; 7.1 g Dietary Fiber; 39 g Protein; 4.8 mg Iron; 8.2 mg NE Niacin; 0.6 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 7 mg Zinc; 18.4 mcg Selenium.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.

Italian Beef Meatball Sandwich Rolls

Ground Beef Italian-style sausage is stuffed with mozzarella cheese and baked in dough for a bite-sized recipe packed with flavor.

Recipe Time: 1 hour 15 minutes

Makes 12 servings

- 1 recipe Italian-Style Beef Sausage (recipe follows)
- 2 eggs, divided
- 1/4 cup seasoned dry bread crumbs
- 12 cherry-sized mozzarella balls (about 6 ounces)
- 12 ounces refrigerated pizza dough
- 2 tablespoons shredded Parmesan cheese
- Garnish: marinara sauce, chopped basil leaves (optional)



1. Preheat oven to 400°F. Combine Italian-Style Beef Sausage mixture, 1 egg and bread crumbs in large bowl; mixing thoroughly. Shape into 12, 2-inch meatballs. Place a mozzarella ball in the middle of each meatball, making sure the mozzarella ball is completely covered with the beef mixture. Place meatballs on aluminum-foiled lined broiler rack coated with cooking spray. Bake in 400°F oven 24 to 27 minutes.

Italian-Style Beef Sausage: Combine 1 pound Ground Beef (93% lean or leaner), 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon ground coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly, but thoroughly.

2. Cut dough into 12 pieces, about 1 ounce each. Stretch each piece to cover 1 meatball, pinching the edges to seal. Place on parchment-lined shallow-rimmed baking sheet, seam-side down. Place remaining 1 egg in small bowl, beat with a fork. Brush rolls with egg; top with Parmesan cheese.
3. Bake rolls in 400°F oven 10 to 12 minutes or until golden brown. Serve with marinara sauce and basil, as desired.

Nutrition information per serving: 232 Calories; 104.4 Calories from fat; 11.6g Total Fat (5.7 g Saturated Fat; 0.1 g Trans Fat; 0.3 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat;) 79 mg Cholesterol; 264 mg Sodium; 15 g Total Carbohydrate; 0.5 g Dietary Fiber; 17 g Protein; 2 mg Iron; 142 mg Potassium; 2.2 mg NE Niacin; 0.2 mg Vitamin B₆; 1 mcg Vitamin B₁₂; 2.3 mg Zinc; 10.4 mcg Selenium; 56.3 mg Choline. This recipe is an excellent source of Protein, Vitamin B12, and Zinc; and a good source of Iron, Niacin, Vitamin B₆, Selenium, and Choline.

Lazy Beef Lasagna

Try this no-fuss lasagna recipe today. Ground Beef, pasta sauce and cheese are layered and baked together. This recipe is perfect for beginners.

Recipe Time: 60 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 1 tablespoon minced garlic
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/4 teaspoon pepper
- 1 jar (26 ounces) prepared pasta or marinara sauce
- 1-1/2 cups water
- 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 salt, nutmeg and pepper; mix well. Stir in pasta sauce and water; bring to a boil. Cook 1 to 2 minutes, stirring occasionally.
3. Coat 13 x 9-inch glass baking dish with cooking spray. Layer half the ravioli, half the beef mixture and half the cheese. Repeat with remaining ravioli, beef mixture and cheese; cover with aluminum foil. Bake in 400°F oven 15 minutes (20 minutes if using frozen ravioli). Uncover; continue baking 15 to 20 minutes or until sauce is bubbly and pasta is tender.
4. Let stand 5 minutes before serving.



Nutrition information per serving: 407 Calories; 158.4 Calories from fat; 17.6g Total Fat (7.5 g Saturated Fat; 0.1 g Trans Fat; 0.7 g Polyunsaturated Fat; 3.5 g Monounsaturated Fat;) 100 mg Cholesterol; 1084 mg Sodium; 30 g Total Carbohydrate; 0.1 g Dietary Fiber; 12.8 g Total Sugars; 33 g Protein; 0 g Added Sugars; 244 mg Calcium; 3.7 mg Iron; 892 mg Potassium; 1.7 mcg Vitamin D; 0.2 mg Riboflavin; 5 mg NE Niacin; 0.4 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 177 mg Phosphorus; 5.5 mg Zinc; 18.5 mcg Selenium; 72.5 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B12, Zinc, and Selenium; and a good source of Calcium, Potassium, Riboflavin, Phosphorus, and Choline.

Five-Way Mini Meatloaves

Even though these Ground Beef meatloaves might be mini, they are chock-full of flavor and nutrients. Try a classic mini meatloaf, or one of four new varieties.

Total Recipe Time: 35 minutes

Makes 6 servings

Base Meatloaf Recipe:

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 1/3 cup saltine, butter cracker crumbs or Panko breadcrumbs
- 1/3 cup finely chopped onion
- 1/3 cup reduced-fat 2% milk
- 1 egg, lightly beaten
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Toppings: Ketchup or barbecue sauce and shredded Cheddar cheese



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.

Italian Mini Meatloaves: Add 1/2 cup chopped mushrooms, 1/2 cup pasta sauce and 1/4 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 1/2 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 1/4 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.

Spanish Mini Meatloaves: Add 1/2 cup finely chopped red bell pepper, 1/4 cup chopped Spanish olives and 1 teaspoon smoked paprika to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with shredded Manchego cheese. Let stand 5 minutes before serving. Garnish with sliced Spanish olives, as desired.

Nutrition information per serving: 217 Calories; 90 Calories from fat; 10g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat; 108 mg Cholesterol; 329 mg Sodium; 5 g Total Carbohydrate; 0.3 g Dietary Fiber; 27 g Protein; 3.1 mg Iron; 6.7 mg NE Niacin; 0.4 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 6.2 mg Zinc; 21.3 mcg Selenium; 106.8 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

Beef Sausage & Egg Muffin Cups

Make a breakfast on-the-go with these beef and egg muffin cups.

Total Recipe Time: 50 minutes

Makes 6 servings

- 1 recipe Basic Country Beef Breakfast Sausage (recipe follows)
- 1 can (4-1/2 ounces) chopped green chiles, undrained
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 5 large eggs
- 1/4 cup reduced-fat milk
- 1 to 2 teaspoons regular or chipotle hot pepper sauce
- **Toppings:** green onion or chives, tomato, salsa or hot sauce



1. Preheat oven to 375°F. Coat 12-cup standard muffin pan with cooking spray. Prepare Basic Country Beef Breakfast Sausage. Stir chiles and cheese into sausage mixture. Evenly divide mixture into prepared pan.

Basic Country Beef Breakfast Sausage: Combine 1 pound Ground Beef (93% lean or leaner), 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt, 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

2. Whisk eggs, milk and hot sauce, as desired, in medium bowl. Evenly divide egg mixture over sausage mixture in muffin cups.
3. Bake in 375°F oven 17 to 20 minutes or until egg mixture is set and just beginning to brown. Let stand 2 minutes. Loosen edges; remove from muffin pan. Season with salt and pepper and garnish with toppings, as desired.

Nutrition information per serving, 1/6 of recipe: 220 Calories; 104.4 Calories from fat; 11.6g Total Fat (5 g Saturated Fat; 0.2 g Trans Fat; 1.1 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 218 mg Cholesterol; 451 mg Sodium; 3.1 g Total Carbohydrate; 0.9 g Dietary Fiber; 1.5 g Total Sugars; 25.4 g Protein; 0 g Added Sugars; 112.7 mg Calcium; 2.8 mg Iron; 343 mg Potassium; 1 mcg Vitamin D; 0.4 mg Riboflavin; 4.2 mg NE Niacin; 0.4 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 284 mg Phosphorus; 5.2 mg Zinc; 28.5 mcg Selenium; 188.8 mg Choline.

This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Iron.

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