



Ground Beef Recipes

25 Quick & Easy Recipes for Ground Beef



A Free eCookbook from the Mr. Food Test Kitchen

"OOH IT'S SO GOOD!!"[®]



Ground Beef Recipes: 25 Quick & Easy Recipes for Ground Beef

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Dear Friend,

There's nothing we like more than classic, traditional meals. With so many picky eaters out there, sometimes you want a recipe that's just going to work. You want to experiment and have a bit of variety but you need something dependable – and that's where our ground beef recipes come in!

Everyone's looking to eat right and feel good which is why our healthy ground beef recipes are great for everyone. With recipes like **Chunky Sloppy Joes** (page 2) and **Homestyle Meat Loaf** (page 4), you'll hardly realize you're eating healthier!

We know it might be difficult to break your kids from eating only pizza and chicken nuggets. We think you'll be able to slip some meat in there with our **Spaghetti Sundaes** (page 8). Fun for kids and adults alike, our kid-friendly recipes are bound to be a big hit!

There's nothing like a good, old-fashioned ground beef casserole to ensure the entire family feels full and satisfied. We're sure you'll find the homestyle appeal of the **Baked Goulash** (page 12) and **Enchilada Casserole** (page 14). Dinner time is casserole time!

We haven't forgotten about our signature dishes with plenty of "Quick & Easy" recipes that even the busiest cook can make! Our **10 Minute Stroganoff** (page 19) is perfect for those who are always on their way out the door; our **Bread Bowl Chili** (page 26) is so simple, you'll be amazed at your own culinary prowess. So read on, and get ready to taste that...

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Mr. Food
and the Test Kitchen



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P.S. Enjoy this eCookbook filled with 25 easy ground beef recipes, all ready for dinner. Remember, the Ground Beef Recipes eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!
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Lighter Stacked Taco Salad

Not only is our Lighter Stacked Taco Salad great tasting, but it's great looking, too! We suggest serving it in a trifle bowl or clear glass serving bowl so everybody can see all its colorful layers.

Ingredients

Serves: 12

Cooking Time: 10 minutes

Preparation Time: 5 minutes

1 pound extra-lean ground beef
1 (1.25-ounce) package dry taco seasoning mix
1 head iceberg lettuce, chopped (about 8 cups)
3/4 cup (3 ounces) reduced-fat shredded Cheddar cheese
1 (16-ounce) can kidney beans, rinsed and drained
2 large tomatoes, diced (about 2 cups)
1 (8-ounce) bag baked tortilla chips, crushed
1 cup (8 ounces) sweet-and-spicy low-fat French salad dressing



Directions

1. In a medium skillet, brown ground beef with taco seasoning mix, stirring to break up the meat; drain and cool.
2. In a large glass trifle or other serving bowl, layer half the lettuce then half the cheese, beans, ground beef, and tomatoes. Repeat layers then top with crushed tortilla chips.
3. Just before serving, drizzle with dressing and toss to coat ingredients well.



Notes:

Serving Size: 1/12 recipe, Exchanges: 2 Starch, 1 Vegetable, 1 Lean Meat, 1/2 Fat, Calories 230, Calories from Fat 62, Total Fat 7 g, Saturated Fat 2.4 g, Cholesterol 28 mg, Sodium 643 mg, Total Carbohydrate 32 g, Dietary Fiber 4 g, Sugars 5 g, Protein 15 g

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Chunky Sloppy Joes

Adding veggies to our protein is a great way to fill out and stretch our meals without going over our limits. We've made traditional sloppy joes lighter in this kid-friendly ground beef recipe.

Ingredients

Serves: 8

Cooking Time: 15 minutes

- 1 pound lean ground beef
- 1 small zucchini, chopped
- 1 small onion, chopped
- 1 small tomato, chopped
- 2 cups light spaghetti sauce
- 8 hamburger buns, split

Directions

1. In a large skillet, brown ground beef, zucchini, and onion over medium-high heat 10 to 12 minutes, or until beef is no longer pink and zucchini is tender.
2. Reduce heat to medium-low and stir in tomato and spaghetti sauce. Cook an additional 4 to 5 minutes, or until heated through.
3. Spoon over bottom halves of buns, cover with bun tops, and serve immediately.



Notes:

Serving Size: 1 sandwich, Exchanges: 2 Starch, 1 Medium-Fat Meat, 1/2 Fat, Calories 267, Calories from Fat 87, Total Fat 10 g, Saturated Fat 3g, Cholesterol 36 mg, Sodium 586 mg, Total Carbohydrate 29 g, Dietary Fiber 3 g, Sugars 8 g, Protein 15 g

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Oniony Salisbury Steaks

Remember when we could count on getting a great Salisbury steak at the local diner, and how it sizzled on the grill with loads of onions? Well, today's version is much lighter, since we start off with lean ground beef and bake it in the oven. Sure, we get the same great flavor, but so much lighter!

Ingredients

Serves: 6

Cooking Time: 40 minutes

- 1-1/2 pounds lean ground beef
- 3 egg whites
- 2 onions, each chopped separately
- 3/4 cup plain bread crumbs
- 1/2 cup low-fat milk
- 1 tablespoon dried Italian seasoning
- 1 teaspoon salt
- 1 (10-3/4-ounce) can condensed beef broth
- 1 (10-3/4-ounce) can reduced-fat condensed cream of mushroom soup
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine ground beef, egg whites, 1 chopped onion, bread crumbs, milk, Italian seasoning, and salt; mix well. Divide mixture into 6 equal amounts and make 6 oval-shaped patties. Place patties on rimmed baking sheet that has been coated with cooking spray and bake 25 to 30 minutes, or until no pink remains, turning halfway through cooking.
3. In a saucepan that has been coated with cooking spray, saute remaining chopped onion 3 to 4 minutes, or until tender. Add remaining ingredients and stir until well combined. Simmer over medium-low heat 8 to 10 minutes, or until warmed through.
4. Remove steaks to serving platter and top with sauce.



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Homestyle Meatloaf

Got a craving for comfort food? It's meatloaf to the rescue! Not only is it a great ground beef recipe for dinner, but some (like us!) say it's even better 'the day after' as the filling in a cold meatloaf sandwich.

Ingredients

Serves: 10

Cooking Time: 1 hr 35 minutes

2 pounds 95% lean ground beef
1 (8-1/4-ounce) can julienne carrots, drained
1 (13-1/2-ounce) can mushroom stems and pieces, drained
1/2 cup cornflake crumbs
1 tablespoon dried minced onion
1/2 cup egg substitute
1/2 teaspoon black pepper
3 tablespoons ketchup

Directions

1. Preheat oven to 350 degrees F. Coat a 5- x 9-inch loaf pan with cooking spray.
2. In a large bowl, combine ground beef, carrots, mushrooms, cornflake crumbs, minced onion, egg substitute, and pepper; mix well. Place in loaf pan and spread ketchup evenly over top.
3. Bake 1-1/2 hours, or until no pink remains. Allow to sit 5 minutes. Pour off excess liquid, if any, then slice and serve.



Notes:

Serving Size: 1 slice, Exchanges: 1/2 Carbohydrate, 2 Lean Meat, Calories 163, Calories from Fat 44, Total Fat 5g, Saturated Fat 2.1g, Cholesterol 55mg, Sodium 281mg, Total Carbohydrate 8g, Dietary Fiber 1g, Sugars 2g, Protein 21g

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Middle Eastern Meat Sauce

This flavorful meat sauce recipe with ground beef is a welcome change over traditional tomato based pasta sauce. Middle Eastern Meat Sauce has the hallmarks of an international classic, with the ease of all-American ingenuity.

Ingredients

Serves: 6

Cooking Time: 30 minutes

- 1-1/2 pounds lean ground beef
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon dried mint
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground cinnamon
- Salt and black pepper to taste
- 1 (8-ounce) container fat-free Greek yogurt or reduced-fat sour cream
- 2 teaspoons lemon juice

Directions

1. In a large skillet, brown ground beef with onion and garlic; pour off excess fat.
2. Stir in mint, parsley, oregano, cinnamon, salt, and pepper, then yogurt and lemon juice.
3. Simmer over medium heat, covered, 20 minutes to allow flavors to blend.



Notes:

If the sauce is too thick, you can thin it with some broth or water. Serve over rice or pasta and sprinkle 1/4 cup chopped fresh parsley and paprika over the top as garnish. If you'd like to make it Italian style, add some crushed fennel seed and skip the cinnamon.

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Bonus: How to Reduce Fat in Ground Beef

We've got some great tips on how to reduce the fat content in ground beef, without reducing the flavor.

If purchasing 73% to 85% lean ground beef, you can reduce the fat content by up to 50% with a simple rinsing process. Because 90% lean and higher are lower-fat products, rinsing will not produce the same results and, therefore, is not recommended. Draining and rinsing cooked ground beef should not decrease beef's vitamin and mineral content.

In a recipe that calls for browning ground beef with onion or garlic, these items can be added during the cooking process. Rinsing the beef mixture after cooking results in minimal flavor loss. Additional seasonings and herbs may be added as desired after rinsing. Here's how to do it:

1. Brown ground beef in skillet over medium heat until fully cooked.
2. Using a slotted spoon, remove beef crumbles to a plate lined with 3 paper towels. Let sit 1 minute; blot top of beef with more paper towels.
3. Place beef in colander over a large bowl. Pour very hot water (not boiling) over beef to rinse fat. Drain 5 minutes then use in your recipe calling for cooked ground beef.



Notes:

Information courtesy of Cattlemen's Beef Board and National Cattlemen's Beef Association and the Beef Checkoff.

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Beefy Pizza Muffins

Just wait 'til they sink their teeth into this super kid-friendly ground beef recipe! These fun-to-eat personal-sized English muffin pizzas will score you big points with the kids...with no worries about divvying up the portions!

Ingredients

Makes: 12 mini pizzas

Cooking Time: 25 minutes

1 pound ground beef
1 small onion, chopped
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1-1/2 cups spaghetti sauce
6 English muffins, split
1 cup (4 ounces) shredded reduced-fat mozzarella cheese



Directions

1. Preheat oven to 400 degrees F.
2. In a large skillet, saute ground beef, onion, garlic powder, salt, and pepper over high heat 8 to 10 minutes, or until beef is browned; drain liquid then stir in spaghetti sauce.
3. Open English muffins and place the halves on a baking sheet; bake 6 to 8 minutes, or until lightly toasted. Remove muffins from oven and spoon beef mixture evenly over them. Sprinkle mozzarella cheese evenly over beef.
4. Bake muffins an additional 7 to 8 minutes, or until heated through and cheese is melted.



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Spaghetti Sundaes

Tell the kids that they're having sundaes for dinner and watch their faces. Oh, yes, they're spaghetti sundaes. What a great kid-friendly recipe with ground beef! And don't forget the "cherry" on top of each one ... you know, we mean meatballs!

Ingredients

Serves: 8

Cooking Time: 45 minutes

- 1 pound uncooked spaghetti
- 1 (16-ounce) jar spaghetti sauce
- 3/4 pound ground beef
- 1/3 cup Italian-style bread crumbs
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Preheat oven to 350 degrees F.
2. Cook spaghetti according to package directions.
3. In a medium-sized saucepan, heat spaghetti sauce over low heat until heated through.
4. Meanwhile, in a large bowl, combine meatball ingredients: ground beef, bread crumbs, egg, salt, and pepper; mix well. Form into 8 meatballs and bake on large rimmed cookie sheet that has been coated with cooking spray for 20 to 25 minutes.
5. Toss spaghetti in sauce until evenly coated and place in sundae glasses. Top each with a meatball and serve.



Notes:

How 'bout putting out a bowl of grated Parmesan cheese for them to sprinkle on top of their sundaes? It'll make it kind of like a "sundae" bar.

Cheesy Burger Fries

This hearty version of Cheesy Burger Fries offers all the tempting tastes of a juicy cheeseburger and fries combo, but you'll need a fork to enjoy them! It's perfect for a party or just for a fun and novel weeknight meal!

Ingredients

Serves: 4

Cooking Time: 25 minutes

- 1 (32-ounce) bag frozen French fries
- 1 pound ground beef
- 1/2 cup ketchup
- 1/4 cup yellow mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 small onion, chopped
- 1/2 cup sliced dill pickles
- 3/4 cup cheese sauce, warmed

Directions

1. Place frozen French fries on baking sheet and bake according to package directions.
2. Meanwhile, in a large skillet, cook ground beef over high heat until browned, about 6 to 8 minutes; drain off excess fat.
3. Stir in ketchup, mustard, salt, and pepper; mix well and cook an additional 2 to 3 minutes, or until heated through.
4. Place French fries on a large platter, spoon meat mixture over the fries, sprinkle with onion and pickles, and evenly drizzle cheese sauce over everything. Serve immediately.



Notes:

Feel free to drizzle extra ketchup over the top, if you'd like.

Fun on a Bun

When you're looking for a quick ground beef recipe that the kids and everybody else will like, too, Fun on a Bun guarantees smiles with every bite.

Ingredients

Serves: 6

Cooking Time: 20 minutes

- 1-1/2 pounds ground beef
- 2-1/4 cups spaghetti sauce
- 2 teaspoons light brown sugar
- 1 cup crushed tortilla chips
- 6 hamburger buns

Directions

1. In a large skillet, brown ground beef over medium-high heat about 8 minutes, stirring occasionally; drain off excess liquid.
2. Stir in remaining ingredients. Reduce heat to low and simmer an additional 8 to 10 minutes, until heated through.
3. Serve on hamburger buns.



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Mexican Lasagna Rollups

Mexican Lasagna Rollups are cross-cultural cooking at its best...Mexican, Italian, American. And all the tastes come through with a big thumbs up!

Ingredients

Serves: 8

Cooking Time: 50 minutes

- 8 uncooked lasagna noodles
- 3 cups salsa, divided
- 1 pound ground beef
- 1 (1.25-ounce) package taco seasoning mix
- 1 cup (4 ounces) shredded Monterey jack cheese
- 1 cup (1/2 pint) sour cream
- 1 (2.25-ounce) can sliced black olives, drained (1/2 cup)

Directions

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Cook lasagna noodles according to package directions; drain and set aside. Spread 1 cup salsa onto bottom of prepared baking dish; set aside.
3. In a medium skillet, brown ground beef over medium-high heat about 10 minutes; drain excess liquid. Stir in taco seasoning mix and 1 cup salsa.
4. Cut each noodle in half, spread each half with 2 tablespoons beef mixture, and roll up. Place lasagna rollups in baking dish. Pour remaining 1 cup salsa over rollups and sprinkle top with cheese. Cover loosely with aluminum foil and bake 22 to 25 minutes, or until cheese is melted.
5. Before serving, spoon 1 tablespoon sour cream on each rollup and sprinkle with sliced black olives.



Notes:

Use mild, medium, or hot salsa...the choice is yours.

Baked Goulash

Our updated version of an old world Hungarian Goulash classic takes a few time-saving and tasty liberties we think you'll like. This is a ground beef casserole that will surely stand the test of time.

Ingredients

1-1/2 to 2 pounds ground beef
1/2 pound sliced mushrooms
1 small onion, chopped
1 tablespoon chopped garlic
1 (28-ounce) jar spaghetti sauce
1 teaspoon salt
1/2 teaspoon black pepper
8 ounces uncooked elbow macaroni
1/2 cup water
1 cup (4 ounces) shredded mozzarella cheese

Serves: 4

Cooking Time: 50 minutes



Directions

1. Preheat oven to 350 degrees F. Coat a 2-1/2-quart casserole dish with cooking spray.
2. In a large skillet, brown ground beef, mushrooms, onion, and chopped garlic over medium-high heat 6 to 8 minutes, or until no pink remains in the beef, stirring frequently. Drain off excess liquid then add remaining ingredients except cheese; mix well.
3. Place mixture in prepared casserole dish, cover, and bake 25 minutes. Remove from oven and top with mozzarella cheese. Return to oven and bake, uncovered, 15 to 20 minutes, or until heated through and cheese has melted.



Notes:

This is a perfect dish to make ahead and freeze. You can even freeze it in individual portions so that way the kids can microwave a dish after school or anytime they need a quick meal.

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Layered Spaghetti Casserole

We sure don't mind leftovers of this creamy spaghetti; it's just as good or better the next day. Only problem is that you might not have any left!

Ingredients

Serves: 6

Cooking Time: 32 minutes

Preparation Time: 5 minutes

8 ounces uncooked spaghetti
1 pound ground chuck
1 small onion, chopped
1 (26-ounce) jar pasta sauce with mushrooms
1/4 cup butter
1/4 cup all-purpose flour
1 (12-ounce) can evaporated milk
1/2 cup grated Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon black pepper
2 cups (8 ounces) shredded sharp Cheddar cheese, divided

Directions

1. Cook pasta according to package directions; drain.
2. Meanwhile, cook beef and onion in a skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Combine pasta, meat mixture, and pasta sauce in a large bowl; toss to combine. Set aside.
3. Preheat oven to 400 degrees F. Melt butter in a saucepan over medium heat. Stir in flour; cook 1 minute. Gradually whisk in milk; cook 5 minutes or until thickened. Remove from heat; stir in Parmesan cheese, salt, and pepper.
4. Pour half of spaghetti mixture into a lightly greased 7- x 11-inch baking dish; pour cheese sauce over spaghetti. Sprinkle with 1 cup Cheddar cheese. Top with remaining spaghetti mixture, and sprinkle with remaining 1 cup Cheddar cheese. Bake 15 minutes or until cheese melts.



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Enchilada Casserole

This Mexican casserole recipe with ground beef is a weeknight quickie that will impress the whole gang. Enjoy our easy Enchilada Casserole as part of a complete Mexican feast... ole!

Ingredients

Serves: 8

Cooking Time: 25 minutes

Preparation Time: 15 minutes

2 pounds ground chuck
1 onion, chopped
2 (8-ounce) cans tomato sauce
1 (11-ounce) can Mexicorn, drained
1 (10-ounce) can enchilada sauce
1 teaspoon chili powder
1/4 teaspoon ground cumin
1/2 teaspoon black pepper
1/4 teaspoon salt
10 (5-inch) corn tortillas, divided
2 cups (8 ounces) shredded Cheddar cheese, divided

Directions

1. Cook beef and onion in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain.
2. Preheat oven to 375 degrees F. Stir tomato sauce and next 6 ingredients into meat mixture; bring to a boil. Reduce heat to medium, and cook, uncovered, 5 minutes, stirring occasionally.
3. Place half of tortillas in bottom of a greased 9- x 13-inch baking dish. Spoon half of beef mixture over tortillas; sprinkle with 1 cup cheese. Repeat layers with remaining tortillas and beef mixture.
4. Bake 10 minutes. Sprinkle with remaining cheese; bake an additional 5 minutes or until cheese melts. Serve with sour cream, if desired.



Notes:

Add a little heat to this dish by substituting equal amounts of Monterey Jack cheese with peppers for the Cheddar. Green chili peppers add nice color as well as a bit more spice!

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Veggie Beef Casserole

Lookin' for an easy casserole recipe with ground beef that'll be a sure crowd-pleaser? Then look no further! Loaded with veggies and beef and topped with cheese, this casserole mixes up in a snap and will vanish just as quickly!

Ingredients

Serves: 8

Cooking Time: 24 minutes

8 ounces uncooked elbow macaroni
1-1/4 pounds ground round
1 tablespoon canola oil
1 (16-ounce) bag frozen mixed vegetables, thawed
1 (10-3/4-ounce) can cream of mushroom soup, undiluted
1 cup milk
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
1 (10-3/4-ounce) can cream of celery soup, undiluted
1/2 cup (2 ounces) shredded sharp Cheddar cheese

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Preheat oven to 425 degrees F.
3. Cook beef in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink; drain and set beef aside. Heat oil in same skillet over medium heat; add vegetables, and saute 2 minutes. Stir in cream of mushroom soup and next 4 ingredients. Bring to a boil, stirring constantly. Reduce heat to medium, and cook 4 minutes or until thickened.
4. Combine pasta, beef, vegetable mixture, and celery soup in a large bowl. Spoon mixture into a lightly greased 9- x 13-inch baking dish. Sprinkle with cheese.
5. Bake, uncovered, 10 minutes or until cheese is melted.



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Pizza Casserole

When you're ready for a change from plain old pizza, make this "wow" Pizza Casserole. It's got all the tastes you love about pizza in a whole new form.

Ingredients

Serves: 8

Cooking Time: 22 minutes

- 1 pound lean ground beef
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
- 1 (10-ounce) container refrigerated pizza crust
- 2 cups (8 ounces) shredded mozzarella cheese, divided
- 1/4 cup grated Parmesan cheese

Directions

1. Preheat oven to 425 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a medium skillet, brown ground beef over medium-high heat, stirring and crumbling the beef until no pink remains; drain.
3. Add tomatoes to beef; cook until heated through.
4. Meanwhile, unroll pizza crust; press over bottom and halfway up sides of prepared baking dish. Sprinkle 1 cup mozzarella cheese over crust then top with meat mixture.
5. Bake uncovered 12 minutes. Top with remaining 1 cup mozzarella cheese and sprinkle with Parmesan cheese. Bake 5 minutes, or until crust is golden and cheese is melted. Cut into squares and serve.



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Fifteen Minute Meatballs

Looking for a super-quick recipe with ground beef? Let your microwave turn you into a kitchen magician! Our easy Italian-style meatballs can go from prep to the table in just about 15 minutes! Serve it over quick-cooking spaghetti for a fast weeknight meal that tastes like you fussed.

Ingredients

Yields: 15 meatballs

Cooking Time: 15 minutes

1 pound ground beef
3/4 cup dry bread crumbs
1/2 cup water
1/4 cup coarsely chopped fresh parsley
1 egg
1-1/2 teaspoons garlic powder
1 teaspoon salt
1 teaspoon black pepper
1 jar (28-ounce) spaghetti sauce
1/3 cup grated Parmesan cheese
1 cup (4 ounces) shredded mozzarella cheese (optional)



Directions

1. In a large bowl, combine the ground beef, bread crumbs, water, parsley, egg, garlic powder, salt, and pepper; mix well.
2. Form the mixture into 15 meatballs, and place in a microwave-safe 9- x 13-inch baking dish.
3. In a medium bowl, combine the spaghetti sauce and Parmesan cheese; pour over the meatballs.
4. Cover with plastic wrap and microwave at 70% power 12 minutes, or until the meatballs are completely cooked through.
5. Remove the plastic wrap and sprinkle with the mozzarella cheese, if desired. Microwave at 70% power an additional 1 to 1-1/2 minutes, or until the cheese is melted.



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Shortcut Bacon Cheeseburgers

Bacon Cheeseburgers sure are an all-time favorite at just about any burger joint. But now you can make them at home without having to fry bacon first, because we use a shortcut that tastes just as good.

Ingredients

Serves: 4

Cooking Time: 10 minutes

1-1/4 pounds ground beef
1/4 cup bacon bits
1/2 cup (2 ounces) shredded Cheddar cheese
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup dry bread crumbs
1/4 cup water
4 hamburger buns, split

Directions

1. In a large bowl, combine all ingredients except the buns. Divide mixture into 4 equal amounts and make 4 patties.
2. Heat a large nonstick skillet over medium heat and pan-fry patties 6 to 8 minutes, or until juices run clear, turning occasionally. Serve burgers on buns.



Notes:

For a variation, why not top your Shortcut Bacon Cheeseburgers with hickory-smoked barbecue sauce? It sure tastes great on these.

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10 Minute Stroganoff

This shortcut ground beef recipe is our kind of meal: fast and just a pot and pan to wash. No problem for the cook or the dishwasher!

Ingredients

Serves: 6

Cooking Time: 15 minutes

1-1/2 pounds ground beef
1 (8-ounce) package presliced fresh mushrooms
1 large onion, thinly sliced
16 ounces carton sour cream
1 (10-3/4-ounce) can cream of mushroom soup, undiluted
Garlic salt and black pepper to taste (optional)

Directions

1. Brown ground beef in a large skillet, stirring until it crumbles and is no longer pink; drain in a colander, discarding drippings. Set ground beef aside.
2. Add mushrooms and onion to skillet, and cook over medium-high heat, stirring constantly, 5 minutes or until tender.
3. Add ground beef, sour cream, and soup; cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally. If desired, stir in garlic salt and pepper to taste. Serve immediately over hot cooked egg noodles.



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All in One Pierogi Skillet

Wow! Ground beef and broccoli never had it so good, 'cause in All in One Pierogi Skillet they're teamed with puffy, melt-in-your-mouth, everybody-loves-'em potato pierogis. Better make extra!

Ingredients

Serves: 4

Cooking Time: 20 minutes

- 1 tablespoon vegetable oil
- 1 pound ground beef
- 1 (16-ounce) package frozen potato pierogis, thawed
- 1 (10-ounce) package frozen broccoli florets, thawed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup (4 ounces) shredded Cheddar cheese

Directions

1. In a large skillet, heat oil over medium-high heat, and brown beef 5 minutes, stirring frequently.
2. Add pierogi and cook 4 to 5 minutes, or until heated through.
3. Stir in broccoli, salt, and pepper, then top with cheese.
4. Reduce heat to low, cover, and cook an additional 2 to 3 minutes, or until cheese melts and broccoli is warmed through.



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Easy Cottage Pie

This quick ground beef recipe is stick-to-the-ribs delicious and satisfying. Makes you feel warm and cozy on a cold winter night.

Ingredients

Serves: 4

Cooking Time: 25 minutes

6 tablespoons butter, divided
1 cup diced onion
1-1/2 pounds lean ground beef
Salt and black pepper to taste
1 cup (8 ounces) canned or bottled brown gravy
2 cups mashed potatoes

Directions

1. Preheat oven to 400 degrees F.
2. Heat 4 tablespoons butter in a large skillet. Add onion and cook, stirring frequently, until lightly browned. Add beef, salt, and pepper, and cook 5 minutes. Stir in gravy and heat until bubbling.
3. Spoon mixture into a greased 2-quart casserole dish.
4. Spread mashed potatoes over top of meat and dot with pieces of remaining butter.
5. Bake 15 to 20 minutes or until potatoes are lightly browned.



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Cincinnati Chili

A dash of cocoa makes this a flavorful chili to reckon with! Serve this chili as is or Cincinnati "5-way" style: over spaghetti, layered with kidney beans, chopped onions, shredded Cheddar cheese, and topped with oyster crackers.

Ingredients

1 pound lean ground beef
1 small onion, chopped
1 tablespoon unsweetened cocoa
2 teaspoons chili powder
1/2 teaspoon ground red pepper
1/4 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1 (28-ounce) can crushed tomatoes
1 (6-ounce) can tomato paste
1/4 cup water
1 tablespoon sugar
1/2 teaspoon salt

Serves: 4

Cooking Time: 36 minutes



Directions

1. In a large saucepan or soup pot, brown beef with onion over medium heat 6 to 8 minutes, or until no pink remains in meat.
2. Drain off any excess liquid then return saucepan to stove and add remaining ingredients; mix well.
3. Bring to a boil then reduce heat to low and simmer 30 minutes, stirring occasionally.



Notes:

Traditional Cincinnati chili includes cocoa powder, which is a mole (pronounced "moe-lay") flavoring popular in traditional Mexican cooking.

Beef and Sausage Chili

This easy chili recipe with ground beef and sausage will satisfy your heartiest eaters. Plus, not only does it taste great, we don't need to do much to it except stir; the stove top does most of the work.

Ingredients

Serves: 8

Cooking Time: 50 minutes

2-1/2 pounds lean ground beef
1-1/2 pounds Italian sausage, casing removed
2 large onions, chopped
2 garlic cloves, minced
2 cans (15-1/2 ounces each) dark red kidney beans, undrained
1 can (28 ounces) crushed tomatoes
1/4 cup chili powder
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon black pepper

Directions

1. In a soup pot, brown ground beef, sausage, onions, and garlic over high heat 20 to 25 minutes, stirring frequently.
2. Add remaining ingredients; mix well and bring to a boil. Reduce heat to medium-low and simmer 30 minutes, stirring occasionally.



Notes:

Top with all your favorite chili toppings from shredded cheese to chopped onions and sliced jalapeno peppers. This is a perfect recipe to keep on hand in the slow cooker on those afternoons or evenings when everybody's coming home and eating at different times.

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Zippy Black-Bean Chili

Have you ever tried a chili recipe with ground beef and black beans, too? Here's one of my standbys: a chili that's quick to fix with a flavor that'll have everybody coming back for more!

Ingredients **Makes:** 4 cups **Cooking Time:** 16 minutes **Preparation Time:** 3 minutes

1/4 pound ground beef
1 tablespoon chili powder
1 (19-ounce) can black beans, rinsed and drained
1 (14-1/2-ounce) can crushed tomatoes, undrained
1 (8-ounce) jar hot salsa
Shredded Cheddar cheese

Directions

1. Cook ground beef in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink; drain well. Add chili powder; cook 3 minutes, stirring constantly.
2. Add black beans, tomatoes, and salsa; bring to a boil. Cover, reduce heat, and simmer 5 minutes, stirring constantly. Sprinkle each serving with cheese.



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Chunky Vegetable and Beef Chili

So often we hear people arguing over which chili is the best -- chili recipes with ground beef, just beans, with vegetables... Well, here's a way to compromise that should satisfy everybody, with no compromising taste!

Ingredients

Serves: 4 **Cooking Time:** 1 hr

2 pounds ground beef
1 onion, chopped
1 (28-ounce) can crushed tomatoes
1 (16-ounce) can pinto beans, undrained
1/2 cup water
2 tablespoons honey
2 large zucchini, coarsely chopped
2 red bell peppers, coarsely chopped
3 tablespoons chili powder
1-1/2 teaspoons salt
3/4 teaspoon black pepper

Directions

1. In a 6-quart soup pot, brown the beef and the onion over medium-high heat 5 to 6 minutes, or until no pink remains in the beef; drain off the excess liquid.
2. Add the remaining ingredients; mix well, cover, and bring to a boil. Reduce the heat to low and simmer an additional 45 to 50 minutes, or until the vegetables are tender, stirring occasionally.



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Bread Bowl Chili

Edible bowls make it easy for our gang to clean their plates! This hearty homemade Bread Bowl Chili served up in individual Kaiser rolls is as fun to make as it is to eat. Don't forget to keep this idea in mind for stews and chowders, too!

Ingredients

Serves: 8

Cooking Time: 40 minutes

- 2 pounds ground beef
- 1 teaspoon minced garlic
- 1 (28-ounce) can crushed tomatoes
- 2 (15-ounce) cans red kidney beans, undrained
- 1 ounce envelope onion soup mix
- 3 tablespoons chili powder
- 8 Kaiser rolls

Directions

1. In a large pot, combine ground beef and garlic over medium-high heat, and brown 10 minutes.
2. Add crushed tomatoes, kidney beans, onion soup mix, and chili powder; mix well and bring to a boil, stirring frequently. Reduce heat to low, and simmer 30 minutes.
3. Meanwhile, cut a 1-1/2-inch circle off the top of each roll and remove bread circles. Reserve circles to serve with chili for dunking. Hollow out rolls, leaving 1/2 inch of bread around sides, creating bowls.
4. Place bread bowls on plates and spoon chili into them, allowing chili to overflow.



Notes:

Make sure to have sour cream, chopped onions, and shredded cheese on hand to use as chili toppers.

