



KID-FRIENDLY BEEF RECIPES



Funded by the Beef Checkoff.



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SWEET & SLOPPY JOE

This recipe incorporates lots of veggies for a nutritious take on a kid favorite.



TOTAL RECIPE TIME: 35-40 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef
(93% lean or leaner)



1 cup diced bell
peppers (red, green,
yellow or orange)



1/2 cup
chopped onion



1 can (8 ounces)
tomato sauce



1/2 cup water



1/2 cup dark or
golden raisins



2 teaspoons
ancho chile powder



1 teaspoon dried
oregano leaves



4 whole wheat
hamburger buns, split

SWEET & SLOPPY JOE

TEST KITCHEN TIPS

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.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in tomato sauce, water, raisins, ancho chili powder and oregano; bring to a boil. Reduce heat; simmer, uncovered, 15 to 18 minutes or until sauce thickens slightly, stirring occasionally.
3. Evenly divide beef mixture on bottom half of each bun. Garnish with toppings, as desired; close sandwiches.

Toppings (optional):

Chopped mango, chopped jalapeño, chopped tomato, chopped fresh cilantro, sliced green onion, shredded reduced-fat Cheddar cheese

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WRANGLERS BEEF CHILI

Serve this classic chili atop whole wheat noodles and offer kids a variety of toppings.



TOTAL RECIPE TIME: 40-45 minutes



SERVES: 4

INGREDIENTS:



1 pound
Ground Beef
(93% lean or
leaner)



1/2 cup
chopped onion



1 can (15
ounces) pinto
beans, drained
and rinsed



2 cans
(8 ounces)
no-salt added
or regular
tomato sauce



1 cup
frozen corn



1 cup
water



2 teaspoons
chili powder



2 teaspoons
ground cumin



1 teaspoon
garlic powder



1 teaspoon dried
oregano leaves



1/4 teaspoon
pepper



Hot cooked whole
wheat macaroni
(optional)

WRANGLERS BEEF CHILI

TEST KITCHEN TIPS

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.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in beans, tomato sauce, corn, water, spices and herbs. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes, stirring occasionally. Serve over macaroni, if desired. Garnish with toppings, as desired.

Cincinnati-Style Beef Chili: Stir in 1 teaspoon cinnamon with other seasonings in Step 2. Serve over hot cooked whole wheat spaghetti.

Moroccan-Style Beef Chili: Substitute 1 cup frozen peas for corn. Stir in 1 teaspoons pumpkin pie spice with other seasonings in Step 2. Serve over whole hot cooked whole wheat couscous or brown rice.

Toppings (optional):

Crushed baked tortilla chips, chopped green or regular onion, chopped tomato, chopped bell pepper, chopped fresh cilantro, reduced-fat shredded Cheddar cheese, nonfat Greek yogurt

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ROCK & ROLL BEEF WRAPS

A colorful way to introduce quinoa to your kids with ranch-seasoned Ground Beef and slaw.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

INGREDIENTS:



1 pound
Ground Beef
(93% lean or
leaner)



1 cup
water



1/3 cup
uncooked
quinoa



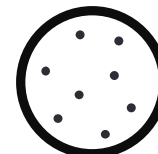
2 tablespoons
dry ranch
dressing mix



1/4 teaspoon
black pepper



2 cups
packaged
broccoli or
coleslaw mix



4 medium
whole grain
or spinach
tortillas
(7 to 8-inch
diameter)

ROCK & ROLL BEEF WRAPS

TEST KITCHEN TIPS

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.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.
3. Divide beef mixture evenly among tortillas; garnish with toppings, as desired. Fold over sides of tortillas and rolling up to enclose filling.

Toppings (optional):

Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles

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POPCORN STEAK BITES

Beefy nuggets cooked in the oven, perfect for little hands to dip as they wish.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

INGREDIENTS:



1 pound beef
Cubed Steaks,
cut 1/2 inch thick



6 cups ridged potato
chips (any flavor)



1/3 cup
all-purpose flour



1 teaspoon
pepper



2 large eggs,
slightly beaten

TEST KITCHEN TIPS

- To crush chips with rolling pin, place chips in large food-safe resealable plastic bag. Close bag securely, leaving one inch opening. Finely crush chips in bag with rolling pin.
- Cooking times are for fresh or thoroughly thawed beef. Cubed steaks should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of cubed steak doneness.

POPCORN STEAK BITES



INSTRUCTIONS:

1. Cut beef steaks into 1X1-inch pieces; set aside.
2. Place chips in bowl of food processor. Cover; pulse on and off to form fine crumbs.
3. Combine pepper and flour in a shallow bowl. Place crushed chips and eggs into two additional shallow bowls. Dip steak pieces in flour, then into egg, then into crushed chips, turning to coat all sides and pressing chips onto steak pieces.
4. Spray rack of broiler pan with nonstick cooking spray. Place beef bites on rack in broiler pan so surface of beef is 6 inches from heat. Broil 8 to 10 minutes or until 160°F. Serve immediately with dipping sauces, as desired.

Dipping Sauces:

Ranch or Thousand Island dressing, mustard, ketchup or barbecue sauce

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BUFFALO-STYLE BEEF TACOS

Family favorite tacos get a flavor update with wing sauce, blue cheese, celery and carrots.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef (95% lean)



1/4 cup cayenne pepper sauce for Buffalo wings



8 taco shells



1 cup thinly sliced lettuce



1/4 cup reduced fat or regular prepared blue cheese dressing



1/2 cup shredded carrot



1/3 cup chopped celery



2 tablespoons chopped fresh cilantro



Carrot and celery sticks or cilantro sprigs (optional)

BUFFALO-STYLE BEEF TACOS

TEST KITCHEN TIPS

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.



INSTRUCTIONS:

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. Remove from skillet with slotted spoon; pour off drippings. Return to skillet; stir in pepper sauce. Cook and stir 1 minute or until heated through.
2. Meanwhile, heat taco shells according to package directions.
3. Evenly spoon beef mixture into taco shells. Add lettuce; drizzle with dressing. Top evenly with carrot, celery and cilantro. Garnish with carrot and celery sticks or cilantro sprigs, if desired.

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SPY THAI BEEF

Peanut butter, soy sauce, ginger and garlic introduce ethnic flavors to picky palates.



TOTAL RECIPE TIME: 30-35 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef
(93% lean or leaner)



1/4 cup water



3 tablespoons
reduced-fat creamy
peanut butter or
regular sunflower
seed butter



2 tablespoons
reduced-sodium
soy sauce



2 tablespoons
fresh lime juice



3/4 teaspoon
garlic powder



3/4 teaspoon
ground ginger



1/8 to 1/4
teaspoon crushed
red pepper



Baked wonton
wrappers
(optional)

SPY THAI BEEF

TEST KITCHEN TIPS

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.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Meanwhile, combine water, peanut butter, soy sauce, lime juice, garlic powder, ground ginger and red pepper.
3. Stir peanut butter mixture into beef. Continue to cook over medium heat 2 to 3 minutes or until heated through, stirring occasionally.
4. Evenly divided beef mixture over six wonton triangles, if desired. Garnish with toppings, as desired.

Toppings (optional):

Red bell pepper strips, shredded carrots, cucumber slices, sliced green onion, sliced fresh pea pods, sliced basil or cilantro leaves, shelled edamame, pickled ginger, lime wedges

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MU SHU STEAK & APPLE WRAPS

Hand-held and perfectly portable, these wraps are great on the go.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

INGREDIENTS:



4 beef Tri-Tip Steaks,
cut 1 inch thick
(about 4 ounces each)



3/4 teaspoon
ground cinnamon



1/4 teaspoon
pepper



1/4 cup
hoisin sauce



1 tablespoon honey



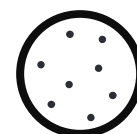
Salt (optional)



3 cups tri-color
coleslaw mix (with
green cabbage, red
cabbage & carrots)



1 Granny Smith
apple, peeled and
thinly sliced



8 medium whole
wheat flour tortillas
(8 to 10-inch
diameter), warmed

MU SHU STEAK & APPLE WRAPS



INSTRUCTIONS:

1. Combine cinnamon and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 9 to 12 minutes for medium rare to medium doneness, turning occasionally.
2. Combine hoisin sauce and honey in large bowl. Carve steaks into thin slices; season with salt, if desired. Add steak slices, coleslaw mix and apple to hoisin mixture; toss to coat.
3. Place equal amounts of beef mixture down center of each tortilla, leaving 1-1/2-inch border on right and left sides. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges; secure with wooden picks, if necessary.

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PERSONAL BEEF PIZZAS

Made exactly as you like it, these individual pizzas are fun to make together.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

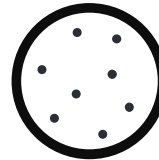
INGREDIENTS:



1 recipe Italian-Style Beef Sausage (recipe follows)



1-1/2 cups pizza sauce



4 round thin sandwich breads, any variety, split



1/2 cup shredded mozzarella cheese

Toppings (optional):

Sliced black or green olives, sliced red or yellow bell peppers or sliced red onions

PERSONAL BEEF PIZZAS



INSTRUCTIONS:

1. Prepare Italian-Style Beef Sausage. Stir in pizza sauce; cook 2 to 3 minutes or until heated through, stirring frequently. Keep warm and set aside.
2. Place sandwich thins, cut sides up, on rack of broiler pan. Spoon equal amounts of beef mixture on each bread half. Evenly sprinkle with cheese and toppings, as desired.
3. Place pizzas on rack of broiler pan so surface of cheese is 3 to 4 inches from heat. Broil 4 to 5 minutes or until cheese is melted and bubbly.

Italian-Style Beef Sausage: Combine 1 pound Ground Beef, 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon 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. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. (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.) Makes 2-1/2 cups crumbles

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BEEF & CHEESE TORTILLA TOWERS



 **TOTAL RECIPE TIME:** 25-30 minutes

 **SERVES:** 4

INGREDIENTS:



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

BEEF & CHEESE TORTILLA TOWERS

TEST KITCHEN TIPS
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.



INSTRUCTIONS:

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.
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.

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