



Buffalo-Style Beef Tacos

Total Recipe Time: 25 to 30 minutes | Makes 4 servings

- 1 pound Ground Beef
- ¼ cup cayenne pepper sauce for Buffalo wings
- 8 taco shells
- 1 cup thinly sliced lettuce
- ¼ cup reduced-fat or regular prepared blue cheese dressing (substitute ranch dressing combined with 2 tablespoons crumbled blue cheese)
- ½ cup shredded carrot
- ⅓ cup chopped celery
- 2 tablespoons chopped fresh cilantro
- Carrot and celery sticks or cilantro sprigs (optional)

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.

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.

Buffalo-Style Beef Tacos

For more tasty lean beef recipes visit www.BeefItsWhatsForDinner.com

Did you know?

A 3-ounce serving of cooked beef provides 25 g (about half) of the Daily Value for protein, which is one of the most satisfying nutrients.

Cooking tip:

When browning Ground Beef, cook over medium heat. Browning causes beef's proteins and carbohydrates to caramelize, resulting in a burst of intense flavor and mouth-watering aroma.

Nutrition information per serving, using 95% Lean Ground Beef:

297 calories; 12 g fat (4 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 689 mg sodium; 19 g carbohydrate; 1.7 g fiber; 27 g protein; 6.4 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 2.9 mg iron; 18 mcg selenium; 6.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

Courtesy of the Beef Checkoff



- 1 pound Ground Beef
- 1 can (15 to 16 ounces) chili beans in chili sauce
- 1½ cups prepared thick-and-chunky salsa
- ½ cup water
- ½ cup chopped fresh cilantro
- Hot cooked elbow macaroni

Easy Skillet Chili Mac

Total Recipe Time: 25 to 30 minutes | Makes 4 servings

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking up into ¾-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in beans, salsa and water; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened, stirring frequently. Stir in cilantro.
3. Serve beef mixture over macaroni.

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Easy Skillet Chili Mac

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Did you know?

The average American consumes 1.7 ounces of beef each day – much less than the 5.5 ounces from the protein group recommended by the 2010 Dietary Guidelines.

Preparation tip:

Keep raw meat separate from other foods both in the refrigerator and during preparation.

Nutrition information per serving, using 95% Lean Ground Beef:

293 calories; 7 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 1006 mg sodium; 22 g carbohydrate; 5.0 g fiber; 33 g protein; 8.7 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.0 mg iron; 18.0 mcg selenium; 6.0 mg zinc; 79.4 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

Courtesy of the Beef Checkoff



One-Dish Beef Stroganoff

Total Recipe Time: 30 to 35 minutes | Makes 4 servings

- 1 pound Ground Beef
- ½ pound sliced button or cremini mushrooms
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme leaves
- 2 cups uncooked whole grain wide noodle-style pasta
- 1 can (14½ ounces) reduced-sodium beef broth
- 1 cup frozen peas
- ¼ cup regular or reduced-fat dairy sour cream plus additional for topping
- 1 tablespoon regular or coarse-grain Dijon-style mustard
- Salt and pepper

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, mushrooms, garlic and thyme; cook 8 to 10 minutes, breaking Ground Beef into ¾-inch crumbles and stirring occasionally.
2. Stir broth and noodles into beef mixture. Bring to a boil. Reduce heat; cover and cook 9 to 10 minutes or until noodles are tender, stirring twice. Stir in peas; continue cooking, uncovered, 3 to 5 minutes or until peas are heated through, stirring occasionally.
3. Remove from heat; stir in ¼ cup sour cream and mustard. Season with salt and pepper, as desired. Garnish with additional sour cream, if desired.

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One-Dish Beef Stroganoff

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Did you know?

Research shows the iron, zinc and B-vitamins found in beef play an essential role in developing and maintaining cognitive ability in children.

Food safety tip:

Serve cooked food promptly and refrigerate immediately after serving (within two hours after cooking).

Nutrition information per serving, using 93% Lean Ground Beef:

444 calories; 12 g fat (5 g saturated fat; 4 g monounsaturated fat); 86 mg cholesterol; 616 mg sodium; 48 g carbohydrate; 6.6 g fiber; 38 g protein; 14.4 mg niacin; 0.6 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 5.7 mg iron; 25.0 mcg selenium; 7.8 mg zinc; 101.2 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

Courtesy of the Beef Checkoff



- 1 pound Ground Beef
- 1 cup water
- $\frac{1}{3}$ cup uncooked quinoa
- 2 tablespoons dry ranch dressing mix
- $\frac{1}{4}$ teaspoon black pepper
- 2 cups packaged broccoli or coleslaw mix
- 4 medium whole grain or spinach tortillas (7 to 8-inch diameter)

Toppings (optional):

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

Rock and Roll Beef Wraps

Total Recipe Time: 35 to 45 minutes | Makes 4 servings

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{1}{2}$ -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 roll up to enclose filling.

Test Kitchen Tip: Romaine or iceberg lettuce leaves can be substituted for tortillas.

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Rock and Roll Beef Wraps

For more tasty lean beef recipes visit www.BeefItsWhatsForDinner.com

Did you know?

A 3-ounce serving of lean beef (93% lean or leaner Ground Beef) provides nearly half of the Daily Value for protein for about 150 calories. It often takes more than twice the calories to get the same amount of protein from beans, nuts and grains compared to beef.

Cooking tip:

When browning Ground Beef, cook over medium heat. Browning causes beef's proteins and carbohydrates to caramelize, resulting in a burst of intense flavor and mouth-watering aroma.

Nutrition information per serving, using 93% Lean Ground Beef:

418 calories; 12 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 695 mg sodium; 41 g carbohydrate; 6.8 g fiber; 31 g protein; 6.4 mg niacin; 0.5 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 5.6 mg iron; 19.6 mcg selenium; 6.6 mg zinc; 84.2 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

Courtesy of the Beef Checkoff