

Meals with Beef for One, Two or More!!!

Super Easy “Cowboy” Soup: (Serves 4-6)

NOTE: Amounts indicated in parenthesis serves 1-3.

Sort of like chili – but not so “beany” – tastes great with cornbread! Look for low-sodium canned varieties, if needed.

(1/2 lb.) 1 lb. lean ground beef – cooked and drained of fat
(1/2 c.) 1 cup elbow macaroni or other small pasta cooked and drained (May substitute gluten-free pasta: such as quinoa noodles)
(1 can) 2 cans Condensed Campbell’s Minestrone Soup (option: low-sodium)
(1/2 pkg.) 1 pkg. frozen mixed vegetables (may use canned mixed vegetables)
(8 oz.) 1 can stewed tomatoes with green chili (or original “Rotel” tomatoes)
1 packet of taco seasoning (may use a mix of garlic, onion, paprika, pinch of salt, pinch of cumin, instead of the packet)
1-2 cans of kidney beans (depending on how beany you want it!)
(1 cup) 2 cups of water (may substitute low-sodium beef broth for water)

Mix all the above together, bring to a boil, turn off heat and serve!!! Mmmm....and so easy! Or, place all ingredients in a crock-pot and allow to simmer for about 4 hours (if you wish, longer simmering time).

Leftover soup may be frozen in small serving containers for later use.

Adapted from:

<http://www.sageminder.com/Caregiving/ElderlyNutrition/SeniorRecipes.aspx#sthash.gDSfSjl4.dpuf>

Healthier Sloppy Joes (Serves: 6)

NOTE: Amounts indicated in parenthesis serves 1-3.

This healthier version of sloppy joes includes more veggies and real garlic. Be sure to serve on whole wheat buns or a bed of lettuce!"

(1/2 lb.) 1 pound lean ground beef
(2 Tbsps.) ¼ cup chopped onion
(2 Tbsps.) ¼ cup chopped green bell pepper
(1 carrot) 2 carrots, finely chopped
(1 glove) 2 cloves garlic, minced
(1/2 tsp.) 1 teaspoon prepared yellow mustard
(6 Tbsps.) ¾ cup ketchup
(1 ½ tsps.) 1 tablespoon brown sugar
Salt and ground black pepper to taste

Prep: 10 mins. Cook: 30 mins. Ready In: 40 mins. Cals: 252/serving

1. Heat skillet over medium-high; cook and stir beef, onion, green bell pepper, carrots, and garlic until beef is browned, about 10 minutes. Drain off liquids.
2. Stir in mustard, ketchup, and brown sugar and mix thoroughly. Reduce heat to low and simmer until sauce has thickened, about 30 minutes. Season with salt and pepper.

Taco Quiche (Serves 8)

NOTE: May use tart size ready-to-bake pastry shells for individual servings. Spoon equal portions of mixture in each pastry shell.

For one 9 ½ -inch quiche you will need:

- 1 ready-to-bake pastry shell
- 1 Tbsp. oil
- ¼ cup chopped onion
- 1 large clove garlic, minced
- ½ lb. lean ground beef
- 1 to 2 tsp. chili powder
- ½ tsp. dried oregano leaves
- ½ tsp. salt (or less if desired)
- 1/8 tsp. cayenne
- 1 Tbsp. ketchup
- Few dashes red pepper sauce
- 3 eggs (May use egg substitute)
- 1 ½ cups half-and-half (May use low-fat)
- ½ salt (Omit if desired)
- 2 Tbsp. canned, diced green chilies (May use fresh roasted green chilies, as desired)
- 1 ½ cups shredded Cheddar cheese (May use low-fat.)
- 1 cup shredded Jack cheese

Avocado Salsa:

- 1 avocado, diced
- 1 Tbsp. lime juice
- 1 clove garlic, minced
- 2 green onions, minced
- 1 medium tomato, chopped

Preparation time: 25 mins.

Bake time: 40-45 mins.

Oven temperature: 400F

Preparation:

1. Bake pastry shell (shells) at 400F for 5-7 minutes.
2. Heat oil in skillet. Sauté onion and garlic until soft.
3. Stir in ground beef, chili powder, oregano, salt, cayenne, ketchup and red pepper sauce.
4. Brown meat. Break up into crumbly mixture. Drain off any liquid. Spoon into baked pie shell (shells).
5. Beat eggs. Mix in half-and-half, salt, chilies and cheeses. Pour mixture over meat.
6. Bake at 400F for 40 to 45 minutes until center is set and a knife comes out clean.
7. Let rest about 15 minutes before serving. Serve with avocado salsa.

Good served with: A tossed green salad, iced tea or lemonade, a bowl of cut-up fresh fruit.

Calories per serving: 441

Carbohydrates: 16.6g

Protein: 19.4 g

Sodium: 687 mg.

Fat: 33.4 g

Adapted from: Great American Recipes

Beef and Green Bean Stir-Fry (Serves 4)

NOTE: Recipe may be doubled for a larger group.

- 1 lb. lean sirloin beef
- 2 Tbsp. vegetable oil
- 4 cloves garlic, minced or pressed
- 1 pkg. (10 oz.) frozen cut green beans, defrosted or ¾ lb. fresh beans, cut in 2-inch pieces
- 2 tsp. granulated sugar
- 2 tsp. soy sauce
- 2 small red chili peppers, thinly sliced or ½ tsp. dry red pepper flakes
- 1 tsp. shredded fresh ginger
- 1 tsp. sesame oil
- 1 tsp. rice wine vinegar

Preparation time: 15 mins

1. Cut meat into 1/2 -inch slices, trimming away any fat
2. Heat oil in wok or large skillet (cast iron works well)
3. Add garlic. Stir-fry until lightly browned.
4. Add green beans. Stir-fry until beans and pork are done, about 8 minutes.
5. Push meat and beans to side of pan. Add sugar, soy sauce, chili and ginger. Stir until blended. Add oil and vinegar.
6. Toss sauce with the meat and beans until evenly coated.
7. Serve immediately with cooked rice. (May use a mix of cooked brown rice and quinoa.)

Good served with: Hot buns or dinner rolls, tomato salad and fresh fruit for dessert.

Tip:

For quick and easy busy day meals, package it in portions convenient for your use. Freeze well wrapped in a single layer. It will thaw quickly.

Adapted from Great American Recipes

Herbed Beef Patties (Serves 4)

- 1 ¼ lbs. lean ground beef
- 3 Tbsp. cold water
- ½ tsp. garlic salt (or ¼ tsp. garlic powder)
- 1 tsp. dried oregano leaves
- Dash black pepper
- Dash paprika
- All-purpose flour
- 1 egg, slightly beaten (May substitute 3 egg whites or ¼ cup of egg s)
- ¼ cup fine seasoned bread crumbs
- 2 Tbsp. butter or margarine

Topping:

- 1 cup spaghetti sauce
- ¾ cup grated Cheddar cheese (May use low-fat cheddar cheese)
- 2 Tbsp. Parmesan cheese
- 1 Tbsp. chopped fresh herbs such as basil leaves, sage, oregano or thyme

Preparation time: 20 mins.

Bake time: 25 mins.

Oven temperature: 400F

Preparation:

1. In a bowl, combine ground beef cold water, garlic salt, oregano, pepper and paprika. Mix to blend well.
2. Divide meat into even pieces. Shape each piece into a patty, about ¾ -inch thick.
3. Coat patties with flour. Let sit for a few minutes.
4. Then dip patties into beaten egg and into bread crumbs.
5. Brown patties on both sides in butter in a skillet.
6. Arrange patties in a shallow baking dish.
7. Pour a little spaghetti sauce over patties. Sprinkle with grated cheese. Pour the rest of the spaghetti sauce over patties.
8. Bake at 400F for about 25 minutes or until patties are hot and cheese has melted.
9. Sprinkle with herbs and serve.

Per serving: Calories 543; Protein 36.2 g; Fat 36.4 g; Carbohydrates 16.6 g; Sodium 942 mg.

Adapted from Great American Recipes

Cape Cod Meat Pie (Serves 8)

NOTE: Amounts indicated in parenthesis serves 4 using an 8-inch pie pan. Recipe can be doubled and prepared in an 8"x11" pan for a larger crowd.

For one 10-inch pie:

(1 lb.)	2 lbs. lean ground beef
(1 slice)	2 slices pumpernickel or rye bread, crumbled
(1 ½ tsp.)	3 Tbsp. water
(1/2 tsp.)	1 tsp. caraway seed
(1/2 tsp.)	1 tsp. salt (less if desired)
(1/2 cup)	1 cup diced Jarlsberg or Swiss cheese
(1/2)	1 celery stalk, thinly sliced
(amt. as desired)	1 green onion, thinly sliced
(1 Egg)	2 eggs (May substitute 6 egg whites)
(1/4 cup)	½ cup half-and-half (May use low-fat)
(2 Tbsps.)	¼ cup grated Parmesan cheese
	Sliced fresh cucumbers and tomatoes, for garnish, optional

Preparation time: 10 mins.

Bake time: 45 to 50 mins.

Oven temperature: 300F and 350F

Preparation:

1. Blend together the ground beef, crumbled bread, water, caraway seed and salt.
2. Pat firmly into a 10-inch (or 8-inch) pie plate to form a crust, reserving ¼ cup (2 Tbsps.) of the meat mixture.
3. Bake at 300F for 15 minutes until lightly browned.
4. Remove from oven. Pour off excess fat. Patch holes with reserved meat mixture, reshaping meat as needed.
5. Sprinkle Jarlsberg or Swiss cheese, celery and onion over the meat crust. (You may refrigerate and finish the pie later at this point, if desired).
6. Beat together the eggs and cream. Pour over the cheese, celery and onion.
7. Bake at 350F for 30 minutes or until the filling is set. Remove from the oven.
8. Sprinkle with Parmesan cheese. Garnish with cucumbers and tomatoes before serving, if desired.

Per serving: Calories 353; Protein 28.2 g; Fat 23.5 g; Carbohydrates 5.9 g; Sodium 496 mg.

Good served with:

Offer a selection of mustards to accompany the meat pie, crusty bread, mixed vegetable salad and a tray of fresh fruit for dessert.

Adapted from Great American Recipes

The *American Heart Association* recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of no more than 1,500 mg per day for most adults.

Salt vs. Sodium Equivalents

Sodium chloride or table salt is approximately 40 percent sodium. It's important to understand just how much sodium is in salt so you can take measures to control your intake. These amounts are approximate.

1/4 teaspoon salt =	575 mg sodium
1/2 teaspoon salt =	1,150 mg sodium
3/4 teaspoon salt =	1,725 mg sodium
1 teaspoon salt =	2,300 mg sodium

Sodium Sources

Sodium can be sneaky! Taking control of your sodium means checking labels and reducing preservatives. Other foods to be aware of include:

- Processed foods
- Natural foods with a higher-than-average sodium content, including cheese, seafood, olives and some legumes
- Table salt, sea salt and kosher salt (sodium chloride)
- Some over-the-counter drugs
- Some prescription medications

Meatball Tortellini Stew (Serves 8)

NOTE: Amounts indicated in parenthesis serves 4. Sodium content may be reduced by decreasing the amount used.

(1/2 lb.)	1 lb. extra lean ground beef
(1/2)	1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
(2 Tbsp.)	1/4 cup fine dry bread crumbs
1 egg (May substitute 3 egg whites)	
(1/4-1/2 tsp.)	1 tsp. salt (Less if desired)
(1/8 tsp.)	1/4 tsp. pepper
(1 Tbsp.)	2 Tbsp. salad oil
(1/2)	1 large onion, coarsely chopped
(2 cups)	4 cups beef broth (Preferably low-sodium)
(8 oz.)	1 can (about 16 oz.) tomatoes
(8 oz.)	1 can (16 oz.) cannelli, kidney, or garbanzo beans, including juice
(1/4 tsp.)	1/2 tsp. dried oregano leaves
(1/4 tsp.)	1/2 tsp. dried basil leaves
(1/2 cup)	1 cup finely diced carrots
(1/2 cup)	1 cup finely diced celery
(1/2 pkg.)	1 pkg. (9 oz.) tortellini with cheese filling

Preparation time: 20 mins.

Simmering time: about 35 mins.

Preparation:

1. Combine the beef, spinach (very well drained), bread crumbs, egg, salt and pepper. Shape into 1-inch balls.
2. Heat oil in Dutch oven; and meatballs. Brown on all sides, rolling them around. Remove and reserve.
3. Add the onion to pot. Cook, stirring, until soft. Stir in the broth, tomatoes with their liquid (break up with spoon), beans, oregano and basil.
4. Cover. Simmer for 10 minutes.
5. Add carrots and celery; simmer for 10 minutes or until vegetables are tender.
6. Add tortellini. Simmer for 5 minutes. Return meatballs to the stew. Simmer for 10 minutes.
7. Serve steaming hot with Parmesan cheese to spoon over individual servings at the table.

Per serving: Calories 347; Protein 22.6 g; Fat 14.6 g; Carbohydrates 33.7 g; Sodium 1136 mg.

Tip:

You may substitute carrots and celery with fresh, frozen or garden vegetables. A variety of tortellini with different flavors of fillings are available refrigerated in markets. This is the handiest kind of stew recipe. It is great for supper on a chilly day.

Adapted from Great American Recipes

Sugar: How much is just right?

The *American Heart Association (AHA)* recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it's 150 calories per day, or about 9 teaspoons. The AHA recommendations focus on all added sugars, without singling out any particular types, such as high-fructose corn syrup. For more detailed information and guidance on sugar intake limits, see the [scientific statement](#) in the August 2009 issue of *Circulation*, Journal of the American Heart Association.

Limit your consumption of foods with high amounts of added sugars, such as sugar-sweetened beverages. Just one 12-ounce can of regular soda contains eight teaspoons of sugar, or 130 calories and zero nutrition.



Saturday Supper Pie (Serves 6)

NOTE: May use tart size ready-to-bake pastry shells for individual servings. Spoon equal portions of mixture in each pastry shell.

This is a cross between a pizza and a quiche and possesses qualities of each. Leftovers can be wrapped individually and reheated later.

For one 9-inch pie:

- 1 ½ cups all-purpose flour
- ½ cup chilled butter or margarine, cut up
- 3 Tbsp. ice cold water

Filling:

- ½ lb. lean ground beef
- ¾ cup chopped onion
- 1 tsp. dried oregano leaves
- ½ tsp. salt (Optional: ¼ tsp. salt)
- ½ tsp. black pepper
- 1/8 tsp. red pepper flakes, optional
- 4 eggs (Optional: 12 egg whites or ½ egg substitute)
- ½ cup milk
- 1 cup shredded Monterey Jack cheese
- 2/3 cup canned pizza sauce
- 2 Tbsp. grated Parmesan cheese

Preparation:

1. To prepare the crust, measure flour and butter into work bowl of food processor or into a mixing bowl.
2. Using on/off pulses, or using a pastry blender, cut butter into the flour until crumbly. Add just enough water stirring with a fork, until mixture is the texture of coarse cottage cheese.
3. Spread over bottom of 9-inch pie pan. Press evenly over bottom and sides. Crimp edges.
4. Bake at 450F for 7 minutes or just until lightly browned. Reduce temperature to 350F.
5. In skillet, brown the meat and onion. Drain. Add the oregano, salt, pepper and pepper flakes.
6. Beat eggs and milk together. Add cheese and meat. Pour into pastry shell (tart size shells).
7. Bake at 350F for 30 minutes or until a knife inserted in the center comes out clean.
8. Spread top with pizza sauce. Sprinkle with grated Parmesan cheese.

Per serving: Calories 476; Protein 17.3 g; Fat 32.2 g; Carbohydrates 28.9g; Sodium 945 mg.

Good served with: Mixed green salad and fresh fruit for dessert.

Tip: *Fast and Easy:* Use a store bought 9-inch pie crust or tart size ready-to-bake pastry shells.

Adapted from Great American Recipes

Cottage Meat Loaf (Serves 5-6)

- 1 ½ lb. lean ground beef
- ½ cup tomato ketchup
- 1/3 cup tomato juice
- ½ tsp. each salt and black pepper (Optional: ¼ tsp)
- 1/8 tsp. red pepper
- 2 eggs, beaten (Optional: 6 egg whites or ¼ cup egg substitute)
- ¾ cup fresh bread crumbs
- ¼ cup finely chopped onions
- 2 tsp. prepared mustard

Topping:

- ¼ cup tomato ketchup
- ½ tsp. prepared mustard
- 2 tsp. brown sugar
- Fresh herbs, for garnish, optional

Preparation:

1. In large bowl, combine ketchup, tomato juice, salt, black and red peppers, eggs, bread crumbs, onions and mustard. Mix until thoroughly blended.
2. Add ground beef. Mix gently but thoroughly.
3. Line a 9x5 inch loaf pan with foil (Optional: use small size aluminum loaf pans for smaller portions) . Press in the beef mixture.
4. In a separate bowl, combine the topping ingredients, mixing well. Spread topping over the meat loaf.
5. Bake at 400F for 35 to 45 minutes or until done.
6. Drain off fat. Rest meat loaf 5 minutes before serving. Garnish with fresh herbs, if desired.

Per serving: Calories 314; Protein 24.0 g; Fat 17.7g; Carbohydrates 14.0 g; Sodium 725 mg.

Good served with: Spinach salad, skinny mashed potatoes or baked potato, and steamed broccoli.

Adapted from Great American Recipes

Spicy Pepper Steak (Serves: 4)

- 1 ½ lbs. beef chuck or round steak, fat trimmed

Marinade:

- | | |
|---|----------------------------|
| 1/3 cup soy sauce (Optional: low-sodium) | 1 cup finely sliced celery |
| 1 clove garlic, minced or pressed | 1 cup sliced green onion |
| 1 tsp. paprika | 1 Tbsp. cornstarch |
| ½ tsp. ground ginger | ¾ cup water |
| 1/3 cup vegetable oil, divided | Salt and pepper to taste |
| 1 ½ cups sliced red, green and/or yellow pepper | 1 cup diced fresh tomatoes |

Preparation:

1. With a sharp knife, cut beef across grain into thin strips
2. Combine soy sauce, garlic, paprika, ginger and ¼ cup oil.
3. Add beef strips, toss to blend. Let stand for at least 30 minutes at room temperature. Strain and reserve marinade.
4. In the meantime, prepare vegetables.
5. In a large skillet or wok, heat remaining oil.
6. Add beef. Toss over high heat until meat is evenly browned. Taste meat. If not tender enough, add a little water and simmer over medium heat for about 20 minutes. Remove meat.
7. Add vegetables (except tomatoes) to pan. Turn heat up. Toss vegetables over medium to high heat until tender crisp, about 10 minutes. Add meat to pan.
8. Mix cornstarch with water. Add to pan. Stir and cook until thickened.
9. Add tomatoes. Add salt and pepper to taste. Reheat. Serve with steamed white rice, mix of steamed brown rice and quinoa, or gluten-free noodles.

Per serving: Calories 422; Protein 41.2 g; Fat 24.2 g; Carbohydrates 8.6 g; Sodium 461 mg.

Adapted from Great American Recipes

