



FARMERS FEEDING UTAH

Ground Beef

Any cut of beef can be processed into ground beef. The cut of beef used to make ground beef determines the fat content of the beef. Ground beef is a very versatile and can be used in a variety of dishes.

BEST COOKING PROCEDURES

Ground beef can be cooked in a variety of ways.

Cook in a skillet with some oil. While beef is cooking, add seasonings and break into smaller pieces until you reach your desired size. Cook until browned.

To reduce the saturated fat and calorie content drain the fat from the pan after cooking thoroughly.

To form patties or meatballs, mix beef with binders such as egg, milk, and breadcrumbs as needed and form into desired shape.

Grill, bake or sauté until beef reaches an internal temperature of 160° F.

CLASSIC USES

- Ground Beef
Quesadillas
- BBQ Beef Stuffed
Potatoes



Recipes

Prep Time 15 minutes
Cook Time 30 minutes
Total Time 45minutes
Servings 8

Ground Beef Quesadillas

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

1-pound lean ground beef
1 tablespoon olive oil
1 cup chopped onion
Salt and pepper to taste
3 tablespoons tomato paste
1 cup roughly chopped spinach or kale
½ teaspoon minced garlic
1 teaspoon chili powder
1 tablespoon minced fresh Cilantro, optional
8 8-inch flour tortillas
2 cups of shredded mixed cheese
Guacamole, salsa, sour cream, and lime wedges to serve as desired

DIRECTIONS

Heat a large skillet over medium high heat, and brown the beef, breaking it up with a spoon until browned and crumbly, about 5 minutes. Drain and carefully wipe out the skillet. Return the skillet to medium heat and add olive oil. Add the onion, season with salt and pepper, and sauté for 3 minutes until the onion starts to soften. Add tomato paste, spinach, garlic and chili powder and stir for another minute until spinach is wilted and everything is combined. Return the beef to the skillet and stir until blended. Stir in the cilantro if using. Place the skillet over medium heat and add a half teaspoon of oil. Place a tortilla in the pan. Sprinkle 2 tablespoons of the cheese mixture over half of the quesadilla and distribute 1/8 of the beef mixture over the cheese. Top that with another 2 tablespoons of the shredded cheese. Flip the bare half of the tortilla over the filling, cover the pan, and sauté for about 2 minutes until the bottom is golden and the cheese has started to melt, then use a spatula to flip the half-moon quesadilla, and continue to cook, uncovered, until all of the cheese is melted and the underside is browned, 2 to 3 minutes. Remove the quesadilla to a cutting board and let the quesadilla sit for a minute before you slice into 2 or 3 wedges. Repeat until all of the quesadillas are cooked. Serve with guacamole, salsa, sour cream and lime wedges.

Recipes

Prep Time 15 minutes
Cook Time 30 minutes
Total Time 45minutes
Servings 4

BBQ Beef Stuffed Potatoes

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

2 large potatoes (1 lb each)
1 Tbsp and 1 tsp canola oil
1 pinch salt
1 cup lean ground beef
1/4 cup BBQ sauce

DIRECTIONS

Preheat the oven to 400 degrees. Wash the potatoes well and then dry off with a clean dish towel. Prick the potatoes several times on all sides with a fork. Rub about a half teaspoon of canola oil over surface of each potato and sprinkle lightly with salt. Place the potatoes on a baking sheet covered with foil and bake for one hour or until the potatoes are tender all the way through (test the tenderness by squeezing the potato with an oven mitt or clean dish towel to protect you from the heat). While the potatoes are baking, cook beef in a skillet with 1 Tbsp of canola oil. Once all browned, mix 1/4 cup of your favorite BBQ sauce in with beef. Once the potatoes are finished cooking, slice each one lengthwise from end to end. Use a dish towel or oven mitt to protect your hands and push each end of the potato in toward the center to make it pop open. Pile half of the BBQ beef into each potato and top with about 2 tablespoons of shredded cheese. Return the potatoes to the still warm oven for a few minutes, or until the cheese is melted. Once the cheese is melted, drizzle about one tablespoon of BBQ sauce over top of each potato and then sprinkle with various toppings.

Toppings Options

Shredded cheese
Low fat sour cream
Sliced green onion
Tomato