



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 20 minutes
Cook Time 30 - 40 minutes
Total Time 60 minutes
Servings 1

Tin Foil Dinner

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- Aluminum
- ½ small onion, sliced
- ½ carrot cut in long thin slices
- 2 mushrooms, sliced
- ½ potato cut in long thin slices
- 1 hamburger patty
- Salt and pepper to taste (or any other seasonings you like)

DIRECTIONS

Preheat the oven to 350° F. Make a double layer of aluminum foil approximately 12 inches in length. Place half of the onion slices in the center of the foil. Then place half of the carrot slices on top of the onion, half of the mushroom slices on top of the carrots, and then half of the potato slices on top of the carrots. Place the hamburger patty on top of the potatoes. Add the remaining potatoes to the top of the patty, then mushrooms, carrots, and onion. Season with salt and pepper as desired. Bring two edge of foil together and fold. Fold two ends closed so juices don't leak out. Bake until hamburger is done, and vegetables are tender, approximately 30 minutes.

Recipes

Ground Beef Stroganoff

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- ½ lb. lean ground beef
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp black pepper
- 2 can (10 ½ oz.) cream of mushroom soup
- 1 cup fat free or low-fat milk
- 2 cups chopped mushrooms
- 1 cups chopped zucchini
- ½ cup plain Greek yogurt

DIRECTIONS

In a medium skillet, sauté ground beef. Drain fat. Stir in onion powder, garlic powder, pepper, cream of mushroom, milk, zucchini, and mushrooms. Simmer for 15 minutes, stirring occasionally. Mix in Greek yogurt. Serve over noodles, brown rice, potatoes, or whole grain toast.