



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 40 minutes
Total Time 60 minutes
Servings 6

Vegetable Beef Soup

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 teaspoons cooking oil
- 1/2 cup onion diced
- 2 carrots peeled, quartered and sliced
- 2 stalks celery sliced
- 1 pound ground beef
- 3 cloves minced (finely chopped) garlic salt and pepper to taste
- 1 15 ounce can diced tomatoes do not drain
- 1 8 ounce can tomato sauce
- 1 teaspoon Italian seasoning or 1/2 tsp dried oregano and 1/2 tsp dried basil
- 6 cups beef broth (can use beef bouillon to make broth)
- 1 large russet potato peeled and diced into 1/2 inch cubes
- 1/2 cup frozen corn
- 1/2 cup diced green beans fresh or frozen
- 2-3 Tablespoons of Worcestershire sauce (optional)

DIRECTIONS

Heat the oil in a large pot over medium high heat. Add the onion, carrots and celery to the pot.
Cook for 5-6 minutes or until softened.
Add the ground beef to the pot and season with salt and pepper to taste.
Cook, breaking up the meat with a spoon, until browned and mostly cooked through. Remove the fat from the beef. Add the garlic and cook for 30 seconds more.
Add the tomatoes, tomato sauce, Italian seasoning, beef broth and potato to the pot; bring to a simmer.
Cook for 25-30 minutes or until potatoes are tender. Taste and add salt and pepper as desired.
Stir in the corn and green beans and cook for 5 minutes more.
Add Worcestershire sauce before serving.

Left overs can be frozen for later.

Recipes

Crispy Jacket Baked Potatoes

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 Russet potato (per person)
- 1 Tablespoon olive oil (per potato)
- course sea salt and ground black pepper

DIRECTIONS

Preheat oven to 400 degrees F.
Clean dirt from potatoes with a vegetable brush and water. Rub each potato with olive oil and sprinkle with salt and pepper.
Cut 1/4 inch deep across the length of the potato and then another line centered vertically. It will look like a +.
Place potato(es) on the center rack of oven. Place a baking sheet on the rack below to catch any drips.

Bake for 1 to 1 1/2 hours, until potato is cooked through.
Remove from oven and allow 5 minutes to cool before serving.

Toppings Options

Butter
Salt and Pepper
Shredded cheese
Bacon crumbles
Light sour cream
Low fat cottage cheese
Sliced green onion