

# Ground Beef



## Description

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.

## Uses

- Ground Beef Quesadillas
- BBQ Beef Stuffed Potatoes

## 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.



# BBQ Beef Stuffed Potatoes



**Prep Time:** 15 minutes  
**Cook Time:** 30 minutes  
**Total Time:** 45 minutes

## Ingredients

- 2 large potatoes (1 pound each)
- 1 tsp canola oil
- 1 pinch salt
- 1 cup lean ground beef
- 1/4 cup BBQ sauce
- shredded cheese
- low fat sour cream (optional)
- sliced green onion (optional)
- tomato (optional)
- green onion (optional)

## Directions

*Heat oven to 400 ° F.*

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 tablespoon 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.

***Yield:*** 4 servings

(Recipe from *Create Better Health Utah SNAP-Ed*)

