

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.



Ground Beef Quesadillas



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

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
- 1/2 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 are optional

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.

Yield: 8 servings

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

