

# KID-FRIENDLY BEEF RECIPES

•CREATE YOUR OWN BEEF RECIPE COVER•



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# FIRECRACKER BURGERS WITH COOLING LIME SAUCE



Follow along with Chopped Junior Champion Sabrina Swee's cooking video at [sdbef.org/recipes](http://sdbef.org/recipes)

 TOTAL RECIPE TIME: 35 minutes

 SERVES: 6

## INGREDIENTS:



1-1/2 pound  
Ground Beef



6 sesame seed  
sandwich rolls,  
split, toasted



1 cup mixed  
greens



1 tablespoon  
curry powder



1 tablespoon  
Caribbean jerk  
seasoning



1 teaspoon salt



1/2 cup  
reduced-fat  
mayonnaise



1/4 cup low-fat  
plain yogurt



1 tablespoon  
fresh  
lime juice



2 teaspoons  
grated lime peel



1/4 teaspoon  
salt

# SWEET & SLOPPY JOE



This recipe incorporates lots of veggies for a nutritious take on a kid favorite.

 TOTAL RECIPE TIME: 35-40 minutes

 SERVES: 4

## INGREDIENTS:



1 pound Ground Beef  
(93% lean or leaner)



1 cup diced bell  
peppers (red, green,  
yellow or orange)



1/2 cup  
chopped onion



1 can (8 ounces)  
tomato sauce



1/2 cup water



1/2 cup dark or  
golden raisins



2 teaspoons  
ancho chile powder



1 teaspoon dried  
oregano leaves



4 whole wheat  
hamburger buns, split

# FIRECRACKER BURGERS WITH COOLING LIME SAUCE

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Combine Ground Beef, curry powder, Caribbean jerk seasoning and 1 teaspoon salt in large bowl, mixing lightly but thoroughly. Shape into six 1/2-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
2. Meanwhile, combine reduced-fat mayonnaise, low-fat plain yogurt, lime juice, grated lime peel and 1/4 teaspoon salt in small bowl; set aside.
3. Spread sauce on cut sides of rolls. Place one burger on bottom half of each roll; top evenly with watercress. Close sandwiches.

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# SWEET & SLOPPY JOE

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in tomato sauce, water, raisins, ancho chili powder and oregano; bring to a boil. Reduce heat; simmer, uncovered, 15 to 18 minutes or until sauce thickens slightly, stirring occasionally.
3. Evenly divide beef mixture on bottom half of each bun. Garnish with toppings, as desired; close sandwiches.

## Toppings (optional):

Chopped mango, chopped jalapeño, chopped tomato, chopped fresh cilantro, sliced green onion, shredded reduced-fat Cheddar cheese

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# WRANGLERS BEEF CHILI

Serve this classic chili atop whole wheat noodles and offer kids a variety of toppings.



TOTAL RECIPE TIME: 40-45 minutes



SERVES: 4

## INGREDIENTS:



1 pound  
Ground Beef  
(93% lean or  
leaner)



1/2 cup  
chopped onion



1 can (15  
ounces) pinto  
beans, drained  
and rinsed



2 cans  
(8 ounces)  
no-salt added  
or regular  
tomato sauce



1 cup  
frozen corn



1 cup  
water



2 teaspoons  
chili powder



2 teaspoons  
ground cumin



1 teaspoon  
garlic powder



1 teaspoon dried  
oregano leaves



1/4 teaspoon  
pepper



Hot cooked whole  
wheat macaroni  
(optional)

# ROCK & ROLL BEEF WRAPS

A colorful way to introduce quinoa to your kids with ranch-seasoned Ground Beef and slaw.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

## INGREDIENTS:



1 pound  
Ground Beef  
(93% lean or  
leaner)



1 cup  
water



1/3 cup  
uncooked  
quinoa



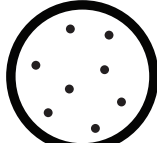
2 tablespoons  
dry ranch  
dressing mix



1/4 teaspoon  
black pepper



2 cups  
packaged  
broccoli or  
coleslaw mix



4 medium  
whole grain  
or spinach  
tortillas  
(7 to 8-inch  
diameter)

# WRANGLERS BEEF CHILI

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in beans, tomato sauce, corn, water, spices and herbs. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes, stirring occasionally. Serve over macaroni, if desired. Garnish with toppings, as desired.

**Cincinnati-Style Beef Chili:** Stir in 1 teaspoon cinnamon with other seasonings in Step 2. Serve over hot cooked whole wheat spaghetti.

**Moroccan-Style Beef Chili:** Substitute 1 cup frozen peas for corn. Stir in 1 teaspoons pumpkin pie spice with other seasonings in Step 2. Serve over whole hot cooked whole wheat couscous or brown rice.

## Toppings (optional):

Crushed baked tortilla chips, chopped green or regular onion, chopped tomato, chopped bell pepper, chopped fresh cilantro, reduced-fat shredded Cheddar cheese, nonfat Greek yogurt

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# ROCK & ROLL BEEF WRAPS

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.

3. Divide beef mixture evenly among tortillas; garnish with toppings, as desired. Fold over sides of tortillas and rolling up to enclose filling.

## Toppings (optional):

Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles

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# BEEF SAUSAGE & EGG MUFFIN CUPS

Follow along with Chopped Junior Champion Sabrina Swee's cooking video at [sdbeef.org/recipes](https://sdbeef.org/recipes)



TOTAL RECIPE TIME: 45-50 minutes



SERVES: 4

## INGREDIENTS:



1 recipe Basic Country Beef Breakfast Sausage (recipe follows)



1 can (4-1/2 ounces) chopped green chiles, undrained



1/2 cup shredded reduced-fat Monterey Jack cheese



5 large eggs



1/4 cup milk



1 to 2 teaspoons regular or chipotle hot pepper sauce



Salt and pepper

### Basic Country Beef Breakfast Sausage:

Basic Country Beef Breakfast Sausage: Combine 1 pound Ground Beef, 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon

salt, 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

# BEEF SAUSAGE & EGG MUFFIN CUPS

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Preheat oven to 375°F. Spray 12-cup standard muffin pan with nonstick cooking spray. Prepare Basic Country Beef Breakfast Sausage. Drain fat, if needed. Stir chiles and cheese into sausage mixture. Evenly divide mixture into prepared pan.
2. Whisk eggs, milk and hot sauce, as desired, in medium bowl. Evenly divide egg mixture over sausage mixture in muffin cups.
3. Bake in 375°F oven 17 to 20 minutes or until egg mixture is set and just beginning to brown. Let stand 2 minutes. Loosen edges; remove from muffin pan. Season with salt and pepper and garnish with Toppings, as desired.

### Toppings (optional):

Chopped green onion or chives, chopped tomato, salsa or additional hot sauce

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# BEEF & PASTA SKILLET PRIMAVERA

Follow along with Chopped Junior Champion Sabrina Swee's cooking video at [sdbeef.org/recipes](https://sdbeef.org/recipes)



TOTAL RECIPE TIME: 30 minutes



SERVES: 4

## INGREDIENTS:



1 pound Ground Beef (96% lean)



1 can (14-1/2 ounces) reduced-sodium beef broth



1 cup uncooked whole wheat pasta



2 zucchini or yellow squash, cut in half lengthwise, then crosswise into 1/2 inch slices (about 3 cups)



1 can (14-1/2 ounces) no salt added diced tomatoes



1-1/2 teaspoons Italian seasoning

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

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# SPY THAI BEEF

Follow along with Chopped Junior Champion Sabrina Swee's cooking video at [sdbeef.org/recipes](https://sdbeef.org/recipes)



 **TOTAL RECIPE TIME:** 30-35 minutes

 **SERVES:** 4

## INGREDIENTS:



1 pound Ground Beef  
(93% lean or leaner)



1/4 cup water



3 tablespoons  
reduced-fat creamy  
peanut butter or  
regular sunflower  
seed butter



2 tablespoons  
reduced-sodium  
soy sauce



2 tablespoons  
fresh lime juice



3/4 teaspoon  
garlic powder



3/4 teaspoon  
ground ginger



1/8 to 1/4  
teaspoon crushed  
red pepper



Baked wonton  
wrappers  
(optional)

# MU SHU STEAK & APPLE WRAPS

Hand-held and perfectly portable, these wraps are great on the go.



 **TOTAL RECIPE TIME:** 25-30 minutes

 **SERVES:** 4

## INGREDIENTS:



4 beef Tri-Tip Steaks,  
cut 1 inch thick  
(about 4 ounces each)



3/4 teaspoon  
ground cinnamon



1/4 teaspoon  
pepper



1/4 cup  
hoisin sauce



1 tablespoon honey



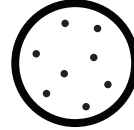
Salt (optional)



3 cups tri-color  
coleslaw mix (with  
green cabbage, red  
cabbage & carrots)



1 Granny Smith  
apple, peeled and  
thinly sliced



8 medium whole  
wheat flour tortillas  
(8 to 10-inch  
diameter), warmed

# SPY THAI BEEF

## TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Meanwhile, combine water, peanut butter, soy sauce, lime juice, garlic powder, ground ginger and red pepper.
3. Stir peanut butter mixture into beef. Continue to cook over medium heat 2 to 3 minutes or until heated through, stirring occasionally.
4. Evenly divided beef mixture over six wonton triangles, if desired. Garnish with toppings, as desired.

### Toppings (optional):

Red bell pepper strips, shredded carrots, cucumber slices, sliced green onion, sliced fresh pea pods, sliced basil or cilantro leaves, shelled edamame, pickled ginger, lime wedges

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# MU SHU STEAK & APPLE WRAPS



## INSTRUCTIONS:

1. Combine cinnamon and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 9 to 12 minutes for medium rare to medium doneness, turning occasionally.
2. Combine hoisin sauce and honey in large bowl. Carve steaks into thin slices; season with salt, if desired. Add steak slices, coleslaw mix and apple to hoisin mixture; toss to coat.
3. Place equal amounts of beef mixture down center of each tortilla, leaving 1-1/2-inch border on right and left sides. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges; secure with wooden picks, if necessary.

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# PERSONAL BEEF PIZZAS

Made exactly as you like it, these individual pizzas are fun to make together.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

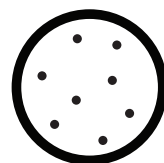
## INGREDIENTS:



1 recipe Italian-Style Beef Sausage (recipe follows)



1-1/2 cups pizza sauce



4 round thin sandwich breads, any variety, split



1/2 cup shredded mozzarella cheese

### Toppings (optional):

Sliced black or green olives, sliced red or yellow bell peppers or sliced red onions

# BEEF & CHEESE TORTILLA TOWERS



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

## INGREDIENTS:



1 pound Ground Beef (95% lean)



1 jar (16 ounces) thick-and-chunky salsa



3/4 cup canned black beans, rinsed, drained



1/2 teaspoon ground cumin



7 small whole wheat tortillas (6 to 7-inch diameter)



1 cup shredded reduced-fat Mexican cheese blend



Chopped fresh cilantro (optional)

### Cantaloupe-Mango Salsa:



1 cup coarsely chopped ripe mango



1 cup coarsely chopped cantaloupe



1/8 to 1/4 teaspoon crushed red pepper

# PERSONAL BEEF PIZZAS



## INSTRUCTIONS:

1. Prepare Italian-Style Beef Sausage. Stir in pizza sauce; cook 2 to 3 minutes or until heated through, stirring frequently. Keep warm and set aside.
2. Place sandwich thins, cut sides up, on rack of broiler pan. Spoon equal amounts of beef mixture on each bread half. Evenly sprinkle with cheese and toppings, as desired.
3. Place pizzas on rack of broiler pan so surface of cheese is 3 to 4 inches from heat. Broil 4 to 5 minutes or until cheese is melted and bubbly.

**Italian-Style Beef Sausage:** Combine 1 pound Ground Beef, 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. (Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.) Makes 2-1/2 cups crumbles

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# BEEF & CHEESE TORTILLA TOWERS

**TEST KITCHEN TIPS**  
Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



## INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove drippings. Stir in salsa, beans and cumin. Cook 3 to 5 minutes or until heated through and most of liquid has evaporated. Remove from heat.
2. Heat oven to 350°F. Spray baking sheet with nonstick cooking spray. Place 2 tortillas in single layer on pan. Spoon generous 1/2 cup beef mixture on each tortilla; sprinkle each with 2 tablespoons cheese. Repeat

layering of tortillas, beef mixture and cheese twice. Sprinkle remaining cheese over tops of tortilla towers. Cut 8 small stars from remaining tortilla with cookie cutter; arrange on towers. Bake in 350°F oven 12 to 15 minutes or until heated through and cheese melts.

3. Meanwhile, combine salsa ingredients in small bowl. Set aside.
4. Cut each tortilla tower into 4 wedges. Garnish with cilantro, if desired. Serve with fruit salsa.

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