

# KID-FRIENDLY BEEF RECIPES



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# GREEK-STYLE BEEF PITA

Stir-fried beef is stuffed into pitas and topped with your family's favorite veggies like cucumbers and olives.



TOTAL RECIPE TIME: 20-25 minutes



SERVES: 4

## INGREDIENTS:



1 pound beef  
Sirloin Tip Steaks,  
cut 1/8 to  
1/4 inch thick



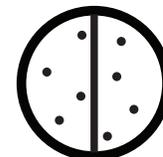
1 tablespoon  
lemon pepper



2 to 3 teaspoons  
vegetable oil



3/4 cup plain or  
seasoned hummus



4 whole wheat  
pita breads, cut  
crosswise in half

# GREEK-STYLE BEEF PITA



## INSTRUCTIONS:

1. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Combine beef and lemon pepper in medium bowl.
2. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef, adding remaining 1 teaspoon oil to skillet, if necessary.
3. Spread hummus evenly in pita pockets. Fill with equal amounts of beef and toppings, as desired.

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# 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

# 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)

# 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

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



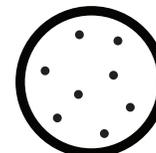
2 tablespoons  
dry ranch  
dressing mix



1/4 teaspoon  
black pepper



2 cups  
packaged  
broccoli or  
coleslaw mix



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

# 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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# POPCORN STEAK BITES

Beefy nuggets cooked in the oven, perfect for little hands to dip as they wish.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

## INGREDIENTS:



1 pound beef  
Cubed Steaks,  
cut 1/2 inch thick



6 cups ridged potato  
chips (any flavor)



1/3 cup  
all-purpose flour



1 teaspoon  
pepper



2 large eggs,  
slightly beaten

### TEST KITCHEN TIPS

- To crush chips with rolling pin, place chips in large food-safe resealable plastic bag. Close bag securely, leaving one inch opening. Finely crush chips in bag with rolling pin.
- Cooking times are for fresh or thoroughly thawed beef. Cubed steaks should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of cubed steak doneness.

# POPCORN STEAK BITES



## INSTRUCTIONS:

1. Cut beef steaks into 1X1-inch pieces; set aside.
2. Place chips in bowl of food processor. Cover; pulse on and off to form fine crumbs.
3. Combine pepper and flour in a shallow bowl. Place crushed chips and eggs into two additional shallow bowls. Dip steak pieces in flour, then into egg, then into crushed chips, turning to coat all sides and pressing chips onto steak pieces.
4. Spray rack of broiler pan with nonstick cooking spray. Place beef bites on rack in broiler pan so surface of beef is 6 inches from heat. Broil 8 to 10 minutes or until 160°F. Serve immediately with dipping sauces, as desired.

### Dipping Sauces:

Ranch or Thousand Island dressing, mustard, ketchup or barbecue sauce

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# BUFFALO-STYLE BEEF TACOS

Family favorite tacos get a flavor update with wing sauce, blue cheese, celery and carrots.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

## INGREDIENTS:



1 pound Ground Beef (95% lean)



1/4 cup cayenne pepper sauce for Buffalo wings



8 taco shells



1 cup thinly sliced lettuce



1/4 cup reduced fat or regular prepared blue cheese dressing



1/2 cup shredded carrot



1/3 cup chopped celery



2 tablespoons chopped fresh cilantro



Carrot and celery sticks or cilantro sprigs (optional)

# BUFFALO-STYLE BEEF TACOS

## 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 small crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return to skillet; stir in pepper sauce. Cook and stir 1 minute or until heated through.
2. Meanwhile, heat taco shells according to package directions.
3. Evenly spoon beef mixture into taco shells. Add lettuce; drizzle with dressing. Top evenly with carrot, celery and cilantro. Garnish with carrot and celery sticks or cilantro sprigs, if desired.

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# SPY THAI BEEF

Peanut butter, soy sauce, ginger and garlic introduce ethnic flavors to picky palates.



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)

# 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

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



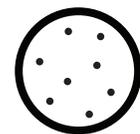
Salt (optional)



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

# 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

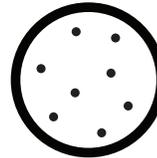
## INGREDIENTS:



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

# 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



Funded by the Beef Checkoff.



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

# 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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