foodbank of the Southern Tier

Ground Beef

Just Say Yes To Fruits & Vegetables

Try out these fun recipes using ground beef!

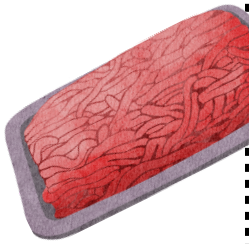
Baked Meatballs

- 1 lb. ground beef
- 1/2 cup onion, finely chopped
- 1/4 cup bread crumbs
- 3 tbsp. ketchup
- 1 egg

Spice Suggestions

- 1/4 cup parmesan cheese
- 2 garlic cloves minced
- 1 tsp salt
- 1/4 tsp pepper
- 1 tbsp. parsley

Makes 30, 1-inch meatballs



Directions

1. Preheat oven to 400 F. Spray a large sheet with cooking spray.
2. Mix together onion, ketchup, bread crumbs, egg, and spices of choice in large mixing bowl.
3. Add in ground beef and mix well until combined. Form into 1-inch balls and place on sheet.
4. Bake for 15-20 minutes, or until meatballs are cooked through.

Recipe from: www.yummyhealthyeasy.com

Burger in a Bowl

- 1 large head romaine lettuce
- 3/4 - 1 pound ground beef
- 1/4 cup red onion, sliced
- 1/4 cup pickle slices
- 1 cup halved cherry tomatoes

Spice Suggestions:

- Salt and Pepper
- 1 tsp garlic powder
- 1 tsp onion powder

Makes 4 servings

Directions

1. Place a skillet over medium-high heat on the stove.
2. Once hot, add ground beef and cook until browned.
3. Drain any excess liquid from the pan, return to the stove,
4. and add spices of choice. Stir to combine and remove from heat.
5. If using, make burger sauce by combing all the ingredients together.
6. Assemble the bowls. Start with a base of washed and chopped lettuce, then add the ground beef, red onion, pickle slices, and tomatoes.
7. Drizzle with the prepared burger sauce on top.

Recipe from: www.runningtothekitchen.com

Burger Sauce

- 1/4 cup mayo
- 2 tbsp ketchup
- 1 tbsp soy sauce
- 2 tbsp relish
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp maple syrup

Easy Taco Soup

- 1 lb ground beef
- 3 tbsp taco seasoning
- 4 cups beef broth
- 2 14.5 -oz cans diced tomatoes
- 1 can black beans
- 1 can corn kernels
- 2 tbsp ranch dressing

Makes 8 servings

Directions

1. In a large pot over medium-high heat, brown the ground beef for 7-10 minutes.
2. Add 2 tbsp taco seasoning and 3/4 cup of broth and simmer for a couple of minutes.
3. Add all remaining ingredients except ranch. Stir together and simmer for 8-10 minutes.
4. Remove from heat. Wait 2 minutes, then stir in ranch dressing. Garnish with shredded cheese or cilantro, if desired.

Recipe from: www.wholesomeyum.com