

# Delicious and Easy Ground Beef Recipes!

## Easy Salisbury Steak

Serves 4

### **Ingredients**

- 2 tablespoons olive oil
- 1 onion, diced
- 2 tablespoons all-purpose flour
- 2 tablespoons ketchup
- 2 cups beef broth

### For patties

- 1 pound ground beef
- ½ cup dry bread crumbs
- 1 large egg, beaten
- 1 tablespoon Worcestershire sauce
- 1 teaspoon seasoned salt
- 1 teaspoon onion powder
- 1 clove garlic, minced
- ½ teaspoon ground black pepper

### **Directions**

1. In a large bowl, combine ingredients for patties. Mix well. Divide into 4 and shape into patties.
2. Heat oil in a skillet over medium heat.
3. Cook patties until browned on both sides (about 4 minutes on each side). Transfer to a plate.
4. Sauté the onions until tender (about 5 minutes).
5. Add flour and stir for about 2 minutes.
6. Stir in ketchup and broth; continue stirring or whisking until well-blended.
7. Return patties to gravy.
8. Cover and simmer until patties are cooked through and gravy has thickened (about 15–20 minutes).
9. Serve with sides like mashed potatoes, home fries, cooked vegetables, corn, pasta, or a salad.

# Beef Quesadilla

Serves 4

## Ingredients

- 1 pound ground beef
- ½ cup refried beans
- 1 (4-ounce) can chop green chilies, drained
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 1 teaspoon chili powder or to taste
- ½ teaspoon salt
- 4 (8-inch) flour tortillas
- 2 tablespoons butter or margarine, melted
- 1⅓ cups shredded cheese of choice
- Paprika

## Directions

1. Cook the beef in a skillet over medium heat, until it is no longer pink (5-10 minutes). Drain off any liquid.
2. Add the beans, chilies, oregano, cumin, chili powder, and salt.
3. Stir and reduce the heat to medium-low. Cook until heated through (about 3-4 minutes). Remove from the heat and let it cool.
4. Preheat the oven to 475°F.
5. Brush one side of each tortilla with butter.
6. Spoon ½ cup of the meat mixture over half of the unbuttered side of a tortilla.
7. Sprinkle with ⅓ cup cheese, and fold in half.
8. Place on a lightly greased baking sheet.
9. Sprinkle with paprika and bake until crisp and golden brown (about 10 minutes).
10. Cut into wedges and serve.

# Meaty Baked Lasagna

Serves 4

## Ingredients

- 1 package of gluten-free lasagna pasta, ready to use
- 2 tablespoons olive oil
- 2 pounds ground beef
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 2 large cans of chopped Italian tomatoes
- 1 small can of tomato paste
- ¼ cup fresh basil, chopped 2 teaspoons dried oregano
- 2 bay leaves
- 1 pinch crushed red chili flakes
- 3 cups mozzarella cheese, shredded

## Directions

1. Heat some oil in a large saucepan over medium heat. Sauté the onions for 1-2 minutes until tender and fragrant. Add the garlic. Brown the ground beef until cooked, about 6-7 minutes, and drain the fat. Add, tomatoes, tomato sauce, tomato paste, basil, and chili flakes. Reduce heat to low and let the sauce simmer, uncovered, for 45 minutes to an hour.
2. Preheat the oven to 350°F and place the oven rack in the middle position.
3. Spread 1/3 of the sauce in a lasagna baking dish. Spread 1/3 of the mozzarella cheese over the sauce. Place a single layer of the gluten-free lasagna pasta on top to cover the sauce and cheese mix. Top with 1/3 of the meat sauce. Add 1/3 of the shredded mozzarella. Cover again with lasagna. Pour the remaining sauce on top. Finish by adding the remaining mozzarella.
4. Cover the lasagna with aluminum foil (or the baking dish lid if it has one). Place in the oven and bake for 40 minutes. Remove the foil and continue baking for another 10 minutes or until the cheese is golden and the edges of the lasagna are bubbly and golden brown.

# Classic Chili con Carne

Serves 4-6

## Ingredients

- 1½-2 pounds lean ground beef
- 1 onion, diced
- 1 green bell pepper, trimmed and diced
- 2 cans low-sodium diced tomatoes
- 1 can red kidney beans
- 2 garlic cloves, minced
- 1-2 tablespoons vegetable oil
- 2-3 tablespoons make-ahead chili spice mix (recipe below)
- Tex-Mex shredded cheese for topping

## Directions

1. Heat 1-2 tablespoons oil in iron in a large iron cast saucepan (or a Dutch oven) set on the grill over the campfire or on a camping propane/gas barbecue set on medium-high heat. Add the diced onions and garlic, and cook for 1-2 minutes until they are tender and fragrant. Add the ground beef and stir-fry until the meat is cooked through, about 5-10 minutes. Remove from heat.
2. Add diced green peppers, tomatoes, and chili spices. Give it a few stirs, cover with the lid, and place directly on the white coals. Let it cook for 1 hour before adding the red kidney beans. Cook for an additional 30-45 minutes.
3. Serve in bowls and top with shredded cheese.

# Classic Meatloaf

Serves 8

## Ingredients

- ⅔ cup fat-free milk
- ¼ teaspoon salt
- 1 Tablespoon Worcestershire sauce
- 3 egg whites
- 2 cups soft whole-wheat breadcrumbs
- 2 green onions, thinly sliced
- 1 teaspoon dried thyme or oregano, crushed
- ⅛ teaspoon ground black pepper
- 1½ pounds lean ground beef

## For glaze

- 1 clove garlic, minced
- 1 Tablespoon balsamic vinegar
- ¼ cup ketchup

## Directions

1. Preheat the oven to 350°F. Line an 8x5-inch rectangular baking pan with aluminum foil.
2. In a small bowl, mix glaze ingredients together and set aside.
3. In a large bowl, whisk the first 4 ingredients (through egg whites) together well.
4. Add the rest of the ingredients and mix well.
5. Place in pan and spread evenly with a spatula or wooden spoon.
6. Bake for 50 minutes.
7. Skim off any fat from the surface.
8. Spread glaze over top of meatloaf.
9. Return to oven and bake until done (about 10 minutes, with an internal temperature of 160°F).
10. Let stand for 10 minutes to set.
11. Slice and serve.
12. Serve with mashed potatoes, eggs, or biscuits and a salad.

\*\*\*These recipes and more can be found in Louise Davidson's No Fuss Cooking: Ground Beef Cookbook. To get your copy, click on the cover or click [here](#).

