

Beef

Pepper Steak

Number of Portions: 25

Size of Portion: 1 portion beef, 1/2 cup sauce

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Eye Round Beef, without bone	6 lb.
Beef Broth	4–5 cups
Tomatoes, stewed	2 (28 oz.) cans
Garlic Powder	1 tsp.
Onions	1/2 cup
Black Pepper	1/2 tsp.
Green Peppers, julienne	1 lb.
Corn Starch	1/2–3/4 cup
Soy Sauce	1/4 cup

Roast eye round the day before usage and refrigerate. Carve or slice roasted eye round in 1 1/2 ounce strips. Place serving portions in baking dishes sprayed with non-stick vegetable oil. In a pot, add all ingredients to beef broth except corn starch and soy sauce. Bring to a boil. Add soy sauce. Whisk in 1/2 cup corn starch to thicken. Cook for a few minutes. Continue adding corn starch until desired thickness. Remember that corn starch continues to thicken during cooking. Do not over-thicken mixture. Pour over eye round, cover, and heat to an internal temperature of 170° F.

Calories, 267
Cholesterol, 66 Mg
Sodium, 424 Mg
Dietary Fiber, 1.1 G

Iron, 2 Mg
Calcium, 27 Mg
Vitamin A, 50 RE
Vitamin C, 26 Mg

Protein, 23.3 G
Carbohydrates, 7.2 G
Total Fat, 15.7 G
Saturated Fat, 6.2 G

Meatloaf for a Small Group

Number of Portions: 15

Size of Portion: 1 slice

Meal Pattern Contribution:
1½ oz. Meat/Meat Alternate

INGREDIENTS

Milk	1/2 cup
Eggs	2
Ground Beef	2 lb.
Worcestershire Sauce	3 Tbsp.
Salt	1 Tbsp.
Black Pepper	2 Tbsp.
Bread Crumbs	1½ cup
Steak Sauce	2 Tbsp.
Garlic, minced	2 Tbsp.
Ketchup	1/3 cup
Water	1/4 cup

Heat oven to 375° F. Beat eggs into milk. Mix meat with remaining ingredients except ketchup and water. Add milk and egg mixture to meat mixture. Shape into loaf. Place in a 13 x 9 inch pan. Spread ketchup on top to coat the entire loaf. Add water to pan and bake for 1 hour. Cut into 15 equal portions.

*“Pass the meatloaf,
please.”*

Calories, 258

Cholesterol, 80 Mg

Sodium, 984 Mg

Dietary Fiber, 0.8 G

Iron, 2 Mg

Calcium, 37 Mg

Vitamin A, 23 RE

Vitamin C, 1 Mg

Protein, 13.1 G

Carbohydrates, 11.7 G

Total Fat, 17.2 G

Saturated Fat, 6.9 G

Meatloaf for a Large Group

Number of Portions: 50

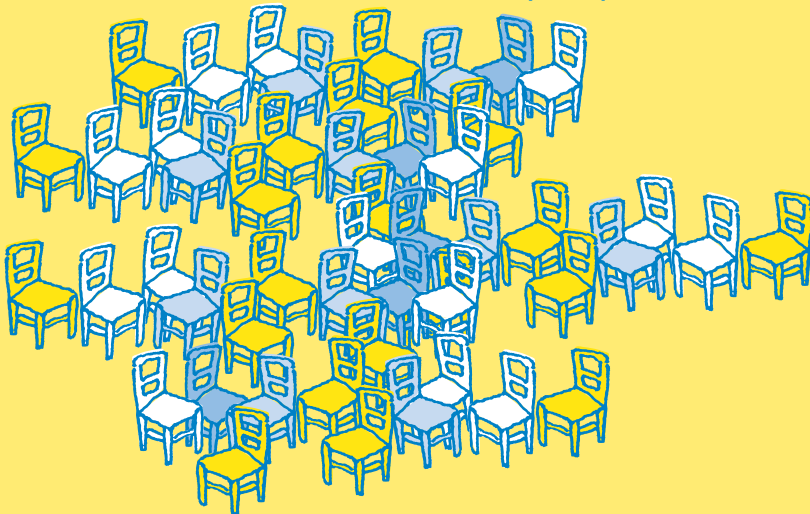
Size of Portion: 1 slice

Meal Pattern Contribution:
2 oz. Meat/Meat Alternate

INGREDIENTS

Bread Slices, torn	13/4 lb.
Milk	1 qt. + 3/4 cups
Onion, chopped	13/4 cups
Celery, chopped	2 cups
Ground Beef	9 lb.
Worcestershire Sauce	1/4 cup + 2 Tbsp.
Parsley, chopped (optional)	1/2 cup
Eggs	8

Beat bread and milk 2 minutes with mixer on low speed. Add remaining ingredients and mix 3 minutes on low speed. Place meat mixture in two 12 x 20 x 2 inch pans sprayed with non-stick vegetable oil. Shape mixture into equal lengthwise loaves in each pan. Bake at 375° F for 1 hour and 10 minutes. Drain. Cut into 15 equal portions.



Calories, 321

Cholesterol, 104 Mg

Sodium, 195 Mg

Dietary Fiber, 0.6 G

Iron, 2 Mg

Calcium, 59 Mg

Vitamin A, 30 RE

Vitamin C, 1 Mg

Protein, 16.7 G

Carbohydrates, 9.7 G

Total Fat, 23.2 G

Saturated Fat, 9.3 G

Baked Meatballs

Number of Portions: 25

Size of Portion: 3 meatballs

Meal Pattern Combination:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

Onions, chopped	1/3 cup
Vegetable Oil	1 3/4 Tbsp.
Ground Beef	3 1/2 lb.
Eggs	3
Bread Crumbs	1 1/4 cup
Milk	3/4 cup
Salt	1/4 tsp.
Black Pepper	3/4 tsp.
Onion Powder	1 Tbsp.
Garlic Powder	3/4 tsp.

Preheat oven to 400° F. Spray baking sheet with nonstick vegetable oil. Add oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon. Shape beef mixture into 75 meatballs using a tablespoon to scoop out beef mixture; place on baking sheet. Bake until thoroughly cooked, about 10 to 12 minutes. Meatballs can be served with tomato sauce over spaghetti noodles or on a hotdog bun for a meatball sandwich.

Calories, 241
Cholesterol, 80 Mg
Sodium, 237 Mg
Dietary Fiber, 0.3 G

Iron, 1 Mg
Calcium, 25 Mg
Vitamin A, 16 RE
Vitamin C, 0 Mg

Protein, 12.5 G
Carbohydrates, 5.2 G
Total Fat, 18.7 G
Saturated Fat, 7.2 G

Sloppy Joes

Number of Portions: 35

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

Ground Beef	5 lb.
Onions, chopped	2
Tomato Soup	1 (26 oz.) can + 1 (10 3/4 oz.) can
Brown Sugar	1 1/2 Tbsp.
Lemon Juice	1 1/2 Tbsp.
Worcestershire Sauce	3 Tbsp.
Ketchup	2 (32 oz.) bottles
Salt and Black Pepper	to taste

Brown beef with onions in a large skillet. Drain off fat. Add remaining ingredients to skillet and mix well. Simmer 1 hour before serving.



Calories, 282

Cholesterol, 55 Mg

Sodium, 852 Mg

Dietary Fiber, 1 G

Iron, 2 Mg

Calcium, 17 Mg

Vitamin A, 77 RE

Vitamin C, 10 Mg

Protein, 12.1 G

Carbohydrates, 20.2 G

Total Fat, 17.4 G

Saturated Fat, 7 G

Sloppy Joes on a Bun

Number of Portions: 12

Size of Portion: 1 each

Meal Pattern Contribution:
2 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 2 Grain/Bread

INGREDIENTS

Ground Beef	2 1/2 lb.
Onion Flakes	2 tsp.
Garlic Powder	1/2 tsp.
Tomato Paste	1 lb.
Ketchup	1 lb.
Water	1 3/4 cup
Vinegar	1 Tbsp. + 2 tsp.
Mustard, dry	1 1/2 tsp.
Black Pepper	to taste
Brown Sugar	1 Tbsp. + 2 tsp.
Hamburger Buns	12

Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes. Add tomato paste, ketchup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 20–25 minutes. Portion 1/3 cup onto bottom half of each roll. Cover with top half of roll.

*“It’s a little neater
on a bun. . .”*

Calories, 498
Cholesterol, 80 Mg
Sodium, 789 Mg
Dietary Fiber, 3.2 G

Iron, 4 Mg
Calcium, 91 Mg
Vitamin A, 131 RE
Vitamin C, 22 Mg

Protein, 21.4 G
Carbohydrates, 42 G
Total Fat, 27.6 G
Saturated Fat, 10.8 G

Ground Beef and Spanish Rice #1

Number of Portions: 50

Size of Portion: 1/2 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;

1/8 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

Ground Beef	7 lb.
Onion, diced	1
Green Pepper, diced	1
Garlic Powder	1 tsp.
Oregano dried	2 tsp.
Black Pepper	2 tsp.
Paprika	1 tsp.
Salt	2 tsp.
Tomatoes, diced	1 (28 oz.) can
Tomato Sauce	2 (15 oz.) can
White Rice	4 1/2 cups

Cook ground beef with onion and green pepper, drain fat. Add seasonings, tomatoes, and tomato sauce to ground beef. Heat through and simmer for 20 minutes. Cook rice in another pot according to package directions. Mix all ingredients together and serve.



Calories, 229

Cholesterol, 54 Mg

Sodium, 343 Mg

Dietary Fiber, 0.6 G

Iron, 2 Mg

Calcium, 14 Mg

Vitamin A, 31 RE

Vitamin C, 7 Mg

Protein, 11.7 G

Carbohydrates, 7.1 G

Total Fat, 17 G

Saturated Fat, 6.9 G

Ground Beef and Spanish Rice #2

Number of Portions: 50

Size of Portion: 3/4 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

White Rice	4 1/2 cups
Water, boiling	1 1/2 qt.
Ground Beef	7 lb.
Onions, chopped	1 1/2 cups
Green Peppers, chopped	1 1/2 cups
Celery, chopped	1 cup
Tomatoes, diced	3/4 (102 oz.) can
Tomato Puree	1 1/2 cup
Salt	2 Tbsp.
Sugar	2 Tbsp.
Worcestershire Sauce	1 tsp.
Chili Powder	1 Tbsp. + 1 tsp.

In a saucepan, cook rice in water for approximately 15 minutes. Set aside. Brown beef and drain excess fat. Add onions, green peppers, and celery. Cook until onions are clear. Add rice and remaining ingredients to beef mixture. Simmer 30 minutes, stirring occasionally.

Calories, 279

Cholesterol, 54 Mg

Sodium, 446 Mg

Dietary Fiber, 1.3 G

Iron, 2 Mg

Calcium, 30 Mg

Vitamin A, 60 RE

Vitamin C, 12 Mg

Protein, 12.5 G

Carbohydrates, 18.2 G

Total Fat, 17.2 G

Saturated Fat, 6.9 G

Dirty Rice

Number of Portions: 50

Size of Portion: 2/3 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/2 Grain/Bread

INGREDIENTS

White Rice	5 cups
Ground Beef	7 lb.
Beef Base	2 Tbsp.
Onions, chopped	1 cup
Green Peppers, chopped	2 cups
Pimentos, diced	2/3 cup
Garlic, minced	1/2 Tbsp.

In a saucepan, cook rice according to directions on package. In a stockpot, cook ground beef until brown and drain off fat. Add rice and remaining ingredients together with meat in the stockpot. Cook for additional 10–15 minutes.



Calories, 271
Cholesterol, 54 Mg
Sodium, 317 Mg
Dietary Fiber, 0.5 G

Iron, 2 Mg
Calcium, 12 Mg
Vitamin A, 11 RE
Vitamin C, 8 Mg

Protein, 12.2 G
Carbohydrates, 16 G
Total Fat, 17.1 G
Saturated Fat, 6.9 G

Beef Stew

Number of Portions: 80

Size of Portion: 2/3 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Beef Roast	15 lb.
Onion Soup Mix	2 (1 1/4 oz.) packets
Beef Stew Mix, divided	8 (1 1/2 oz.) packets
Water, divided	6 cups
Potatoes, diced	1 (102 oz.) can
Carrots, diced	1 (105 oz.) can
Tomato Soup	1 (46 oz.) can

DAY BEFORE: Put roast in cooking bag and place in baking pan. Mix together 2 packets onion soup mix, 2 packets beef stew mix and 3 cups water. Add to bag with roast. Close bag with tie. Bake at 350° F until very tender (about 4 hours). After baking, let cool. Pop a hole in the bag and drain sauce into a pot. Chop up roast in small pieces and place in a large baking pan. Cover the pot and pan and refrigerate.

NEXT DAY: Skim grease off sauce in pot. Heat sauce. In a bowl, mix 6 packets of beef stew mix, tomato soup, and 3 cups water. Add to sauce. Bring to boil. Pour sauce over meat. Add carrots and potatoes. Mix well, cover, and place in oven at 250° F for 2 hours. Serve over rice.

Calories, 245
Cholesterol, 54 Mg
Sodium, 688 Mg
Dietary Fiber, 1.4 G

Iron, 3 Mg
Calcium, 43 Mg
Vitamin A, 548 RE
Vitamin C, 10 Mg

Protein, 19.2 G
Carbohydrates, 14.4 G
Total Fat, 11.8 G
Saturated Fat, 4.5 G

Beef Stroganoff

Number of Portions: 50

Size of Portion: 1 slice

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

Beef Eye Round, without bone	10 1/2 lb.
Beef Broth	1/2 gal.
Onions, chopped	3 3/4 cups
Corn Starch	1–2 cups
Sour Cream	3 cups
Black Pepper	1/2 Tbsp.
Browning Sauce	to taste

Roast eye round the day before usage and refrigerate. Carve or slice eye round into 1 1/2 ounce strips. Portion into baking pans. Bring beef broth to boil; add onions. Whisk in 1 cup corn starch to thicken. Cook for a few minutes. Continue adding corn starch until desired thickness. Remember that corn starch continues to thicken during cooking. Do not over-thicken mixture. Add sour cream, black pepper, and browning sauce to darken. Pour mixture over eye round, cover, and bake in oven until internal temperature reaches 170° F.

Note: Browning sauce not included in nutrient analysis.

Calories, 252	Iron, 1 Mg	Protein, 20.2 G
Cholesterol, 64 Mg	Calcium, 25 Mg	Carbohydrates, 4.3 G
Sodium, 156 Mg	Vitamin A, 27 RE	Total Fat, 16.5 G
Dietary Fiber, 0.3 G	Vitamin C, 1 Mg	Saturated Fat, 7.2 G

Cheeseburger Macaroni

Number of Portions: 10

Size of Portion: 2/3 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/8 cup Fruit/Vegetable; 3/4 Grain/Bread

INGREDIENTS

Macaroni	1/2 lb.
Ground Beef	1 lb.
Onion, chopped	1
Salt and Black Pepper	to taste
Tomatoes, stewed	1 (14 1/2 oz.) can
Ketchup	1/4 cup
Cheddar Cheese, shredded	1 cup

In a saucepan, cook pasta according to directions. In a skillet, brown beef and onion, drain. Season with salt and pepper. Stir in tomatoes, ketchup, and noodles. Heat through. Top with cheese.

“The perfect combination!”

Note: Salt not included in nutrient analysis.

Calories, 289	Iron, 2 Mg	Protein, 13.9 G
Cholesterol, 50 Mg	Calcium, 103 Mg	Carbohydrates, 21.5 G
Sodium, 241 Mg	Vitamin A, 62 RE	Total Fat, 16.3 G
Dietary Fiber, 1.2 G	Vitamin C, 8 Mg	Saturated Fat, 7.4 G

Cowboy Casserole

Number of Portions: 100

Size of Portion: 3/4 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

Macaroni	2 3/4 lb.
Ground Beef	15 lb.
Onions, diced	3
Evaporated Milk	7 (12 oz.) cans
Tomato Soup	2 (26 oz.)
Mixed Vegetables	1 (106 oz.) can
Cream Style Corn	1 (102 oz.) can
Cheddar Cheese, shredded, divided	3 lb.
Salt and Black Pepper	to taste

In a large stockpot, cook macaroni according to package directions. In another stockpot, cook ground beef and onion until done. Drain meat. Combine milk, soup, mixed vegetables, corn, and cooked macaroni. Mix in hamburger and 2 pounds of the cheese. Transfer to baking dishes sprayed with non-stick vegetable oil. Bake at 350° F for 30 minutes. Towards end of baking, sprinkle remaining cheese on top. Bake until cheese melts.



Note: Salt not included in nutrient analysis.

Calories, 389	Iron, 2 Mg	Protein, 19.2 G
Cholesterol, 79 Mg	Calcium, 176 Mg	Carbohydrates, 22.2 G
Sodium, 395 Mg	Vitamin A, 218 RE	Total Fat, 24.8 G
Dietary Fiber, 2 G	Vitamin C, 4 Mg	Saturated Fat, 11.4 G

Spaghetti with Meat Sauce

Number of Portions: 40

Size of Portion: 1 cup

Meal Pattern Contribution:

2 oz. Meat/Meat Alternate; 1/2 Grain/Bread

INGREDIENTS

Spaghetti	2 lb.
Ground Beef	5 lb.
Onions, chopped	4
Green Pepper	2 cups
Garlic Powder	1 tsp.
Worcestershire Sauce	1/4 cup
Oregano	1 Tbsp.
Ketchup	2 (32 oz.) bottles
Cheese, shredded	2 1/2 lb.

In a stockpot, cook spaghetti according to package directions. In another stockpot, combine ground beef, onions, green peppers, and garlic. Cook until done. Drain fat. Add Worcestershire sauce, oregano, and ketchup to meat mixture. Pour in noodles and add cheese.



Calories, 430
Cholesterol, 78 Mg
Sodium, 778 Mg
Dietary Fiber, 1.5 G

Iron, 2 Mg
Calcium, 226 Mg
Vitamin A, 131 RE
Vitamin C, 14 Mg

Protein, 20.3 G
Carbohydrates, 31.3 G
Total Fat, 25 G
Saturated Fat, 12.2 G

Lasagna with Meat Sauce

Number of Portions: 80

Size of Portion: 2/3 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;

1/8 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

Ground Beef	6 1/2 lb.
Onions, chopped	2
Salt and Black Pepper	to taste
Spaghetti Sauce	1 (106 oz.) can
Macaroni	3 lb.
Cheddar Cheese shredded	3 lb.

Cook beef, onion, salt, and pepper until done. Drain excess fat. Add spaghetti sauce and simmer. Cook macaroni according to package directions. In baking dishes sprayed with vegetable oil, layer cooked macaroni, meat sauce, and cheese. Repeat layers until you are out of ingredients. Top with cheese. Bake in a 350° F oven until cheese bubbles on top (about 30 minutes).

Note: Salt not included in nutrient analysis.

Calories, 267	Iron, 2 Mg	Protein, 13.3 G
Cholesterol, 49 Mg	Calcium, 144 Mg	Carbohydrates, 16.9 G
Sodium, 187 Mg	Vitamin A, 91 RE	Total Fat, 16.3 G
Dietary Fiber, 1.3 G	Vitamin C, 9 Mg	Saturated Fat, 7.7 G

Shepherd's Pie

Number of Portions: 30

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
3/8 cup Fruit/Vegetable

INGREDIENTS

Ground Beef	3 lb.
Onion Soup Mix	1 (1 1/4 oz.) packet
Tomato Soup	3 (10 3/4 oz.) cans
Peas and Carrots, frozen	2 lb.
Mashed Potatoes, prepared	6 cups
Cheese, shredded	3 cups

Brown beef in a skillet and drain. Stir in onion soup mix and tomato soup. Pour meat mixture into a 12 x 20 x 2 inch pan. Spread frozen vegetables over beef. Top with mashed potatoes and cover with foil. Bake at 350° F for 1 hour and 30 minutes. Remove foil, sprinkle cheese on top and heat for 5 minutes, or until cheese melts.



Calories, 262

Cholesterol, 51 Mg

Sodium, 516 Mg

Dietary Fiber, 2.2 G

Iron, 2 Mg

Calcium, 108 Mg

Vitamin A, 349 RE

Vitamin C, 6 Mg

Protein, 12.9 G

Carbohydrates, 14.7 G

Total Fat, 17 G

Saturated Fat, 7.6 G

Hamburger Pie

Number of Portions: 20

Size of Portion: 2/3 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
3/8 cup Fruit/Vegetable

INGREDIENTS

Potatoes, thinly sliced	6
Ground Beef	2 lb.
Onion, chopped	1 cup
Green Beans, cut, drained	2 (15 oz.) cans
Tomato Soup	2 (10 ³ / ₄ oz.) cans
Salt and Black Pepper	to taste
Egg	1
Milk	1 cup
Cheese, shredded	2 cups

Boil potatoes and drain. Do not overcook. In a large skillet cook ground beef and onion until brown; drain off fat. Stir in beans and soup. Add salt and pepper. Layer potatoes in the bottom of a 3 quart baking dish sprayed with non-stick vegetable oil. Mix milk and egg; pour over potatoes. Add meat mixture. Sprinkle with cheese. Bake uncovered in a 350° F oven for 25–30 minutes.

Note: Salt not included in nutrient analysis.

Calories, 273	Iron, 2 Mg	Protein, 13.2 G
Cholesterol, 62 Mg	Calcium, 117 Mg	Carbohydrates, 18.5 G
Sodium, 351 Mg	Vitamin A, 76 RE	Total Fat, 16.3 G
Dietary Fiber, 2 G	Vitamin C, 8 Mg	Saturated Fat, 7.5 G

Tater Tot Casserole

Number of Portions: 10

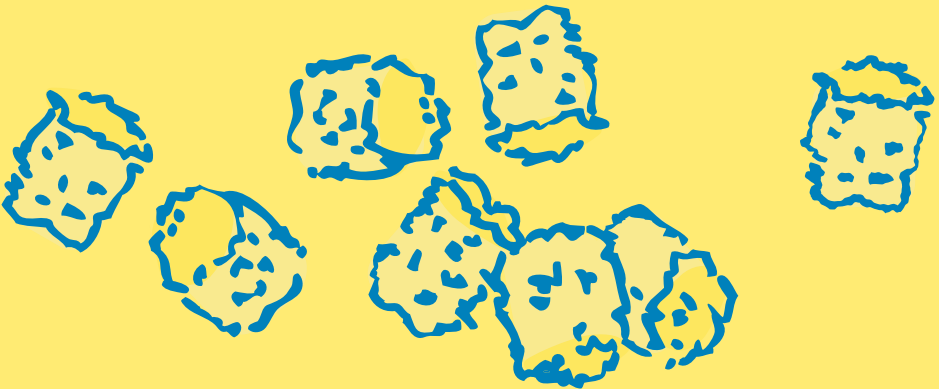
Size of Portion: 3/4 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
3/8 cup Fruit/Vegetable

INGREDIENTS

Ground Beef	1 lb.
Salt	1/4 tsp.
Mixed Vegetables, frozen	1/2 lb.
Cream of Chicken Soup	1 (10 ³ / ₄ oz.) can
Cheddar Cheese, shredded	1 cup
Tater Tots	1 lb.

Cook ground beef with salt in a large skillet. Mix next 3 ingredients in a large bowl. Add the cooked ground beef. Put in an 8 x 11 inch casserole dish sprayed with non-stick vegetable oil. Spread tater tots on top. Bake at 350° F for 40 minutes.



Calories, 307
Cholesterol, 53 Mg
Sodium, 623 Mg
Dietary Fiber, 0.9 G

Iron, 2 Mg
Calcium, 99 Mg
Vitamin A, 163 RE
Vitamin C, 3 Mg

Protein, 12.9 G
Carbohydrates, 16 G
Total Fat, 21.2 G
Saturated Fat, 8.5 G

Taco Casserole

Number of Portions: 30

Size of Portion: 1/2 cup

Meal Pattern Contribution:

2 oz. Meat/Meat Alternate; 1/2 Grain/Bread

INGREDIENTS

Ground Beef	5 lb.
Taco Seasoning	5 (1 ¹ / ₄ oz.) packets
Water	3 cups
Eggs	5
Milk	2 cups
Cornmeal	2 cups
Cheddar Cheese shredded	1 lb.
Salsa (optional)	to taste

Brown ground beef. Drain fat. Add taco seasoning and water and simmer for five minutes. Lightly coat a large pan with non-stick cooking spray and pour ground beef in. In a large bowl, beat eggs; add milk, cornmeal, and cheese. Pour mixture over the ground beef and bake for one hour at 350° F. Serve with salsa.

“¡Que bueno!”

Calories, 366

Cholesterol, 116 Mg

Sodium, 578 Mg

Dietary Fiber, 1 G

Iron, 2 Mg

Calcium, 145 Mg

Vitamin A, 108 RE

Vitamin C, 4 Mg

Protein, 19.1 G

Carbohydrates, 12 G

Total Fat, 26.4 G

Saturated Fat, 11.8 G

Taco Bake

Number of Portions: 15

Size of Portions: 3/4 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;

1/2 cup Fruit/Vegetable; 1 Grain/Bread

INGREDIENTS

Ground Beef, lean	1 lb.
Onions, chopped	1 cup
Chili Powder	2 Tbsp.
Garlic Powder	1/4 tsp.
Tomato Soup	1 (10 ³ / ₄ oz.) can
Kidney Beans, undrained	1 (15 ¹ / ₂ oz.) can
Vinegar	4 tsp.
Taco Shells, 6 ¹ / ₂ -inch enriched or whole grain, broken into pieces	10
Cheddar Cheese, shredded	1 cup
Lettuce, shredded	2 cups
Tomatoes, chopped	1 cup
Green Onions, chopped	1/2 cup

Preheat oven to 375° F. In a large skillet, cook beef and onion with chili powder and garlic powder until beef is browned and onion is tender; stir to separate meat. Drain off fat. Stir in soup, beans, and vinegar. Heat to boiling. Reduce to low heat; simmer 10 minutes, stirring occasionally. In a 9 x 13 inch baking dish that has been sprayed with nonstick vegetable oil, layer half of the taco shells, half of the meat mixture and half of the cheese. Repeat layers. Bake 10 minutes or until heated through. Top with lettuce, tomato, and green onions.

Calories, 242

Cholesterol, 34 Mg

Sodium, 349 Mg

Dietary Fiber, 4 G

Iron, 2 Mg

Calcium, 96 Mg

Vitamin A, 85 RE

Vitamin C, 6 Mg

Protein, 10.3 G

Carbohydrates, 19.3 G

Total Fat, 14 G

Saturated Fat, 5.4 G

Santa Fe Casserole Bake

Number of Portions: 12

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/2 Grain/Bread

INGREDIENTS

Ground Beef	1 lb.
Taco Seasoning	1 (1 1/4 oz.) packet
Chicken Broth	2 cups
Flour, all-purpose	1/4 cup
Sour Cream	1 cup
Green Chillies, diced	1/4 cup
Corn or Tortilla Chips	1/2 lb.
Monterey Jack or Cheddar Cheese, shredded	2 cups
Green Onions, with tops, sliced	1/2 cup

In skillet, brown meat and drain. Add taco seasoning and blend well. In a small bowl, combine flour and broth. Add meat mixture; bring to a boil to slightly thicken liquid. Stir in sour cream and chillies; blend well. In a 13 x 9 inch lightly greased baking dish, spread half of the chips on the bottom, top with half of the beef, half of the cheese and half of the green onions. Layer again with remaining ingredients ending with green onions. Bake uncovered at 375° F for 20 minutes. Let stand 5 minutes before serving. Serve with salsa.

Calories, 356
Cholesterol, 60 Mg
Sodium, 601 Mg
Dietary Fiber, 1.6 G

Iron, 2 Mg
Calcium, 199 Mg
Vitamin A, 114 RE
Vitamin C, 4 Mg

Protein, 14.3 G
Carbohydrates, 17.4 G
Total Fat, 25.6 G
Saturated Fat, 11.6 G

Cheeseburger Pizza

Number of Portions: 8

Size of Portion: 1 slice

Meal Pattern Contribution:

1½ oz. Meat/Meat Alternate;

1/8 cup Fruit/Vegetable; 1½ Grains/Breads

INGREDIENTS

Ground Beef	¾ lb.
Onion, chopped	¼ cup
Pizza Sauce	½ cup
Pizza Crust Mix	1 (6½ oz.) packet
Water, hot	½ cup
Dill Pickles, sliced	½ cup
Cheddar Cheese, shredded	¾ cup
Mozzarella Cheese, shredded	¾ cup

Preheat oven to 400° F. Brown ground beef and onion in skillet, drain off fat. Return to skillet and stir in pizza sauce. Prepare crust mix with hot water, stirring vigorously to mix. Cover with lid and let stand 5 minutes. Sprinkle a small amount of flour on cutting board and knead dough 10–12 times. Roll out crust on pizza pan or stone to a 12 inch circle. Spread beef mixture over crust, top evenly with pickles. Sprinkle cheese over top of pizza. Bake 18–20 minutes until crust is golden. Cut pizza into 8 pieces.

Calories, 298

Cholesterol, 53 Mg

Sodium, 453 Mg

Dietary Fiber, 0.5 G

Iron, 1 Mg

Calcium, 165 Mg

Vitamin A, 70 RE

Vitamin C, 4 Mg

Protein, 15.3 G

Carbohydrates, 19.2 G

Total Fat, 17.6 G

Saturated Fat, 8 G

Pizza Rounds

Number of Portions: 18

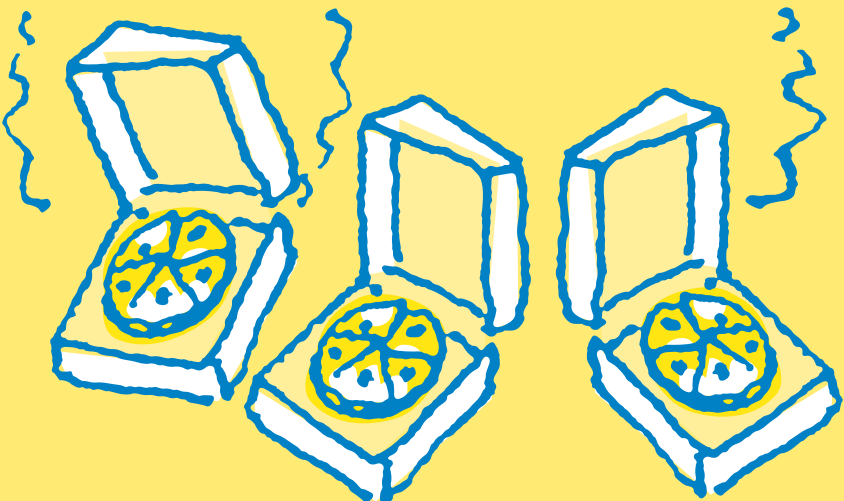
Size of Portion: 1 pizza

Meal Pattern Contribution:
2 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Ground Beef	3 lb.
English Muffins, halved	9
Pizza Spices	to taste
Pizza or Spaghetti Sauce	4 cups
Mozzarella Cheese	2 cups
Cheddar Cheese	2 cups
Green Peppers, chopped (optional)	3
Black Olives, sliced (optional)	1 (4 oz.) can

Brown ground beef in pan. Cover large cookie sheet with foil. Place English muffin halves on top. Mix pizza spices with pizza sauce; add to the top of each muffin. Cover with ground beef and mixed cheeses. Add bell pepper and olives, if desired.



Note: Green peppers and black olives not included in nutrient analysis.

Calories, 415

Cholesterol, 84 Mg

Sodium, 407 Mg

Dietary Fiber, 1.9 G

Iron, 3 Mg

Calcium, 259 Mg

Vitamin A, 121 RE

Vitamin C, 13 Mg

Protein, 22.4 G

Carbohydrates, 18.9 G

Total Fat, 27.7 G

Saturated Fat, 12.4 G

Bubble Pizza

Number of Portions: 30

Size of Portion: 1 piece

Meal Pattern Contribution:
1½ oz. Meat/Meat Alternate;
1½ Grains/Breads

INGREDIENTS

Ground Beef	3 lb.
Pizza Sauce	2 (15 oz.) cans
Biscuits, buttermilk	4 (12 oz.) tubes
Mozzarella Cheese, shredded	3 cups
Cheddar Cheese, shredded	2 cups

In a skillet, brown the beef; drain. Stir in pizza sauce. Quarter the biscuits; place in a greased 12 x 20 inch baking dish. Top with beef mixture. Bake, uncovered at 400° F for 20–25 minutes. Sprinkle with cheeses. Bake 5–10 minutes longer or until cheese is melted. Let stand for 5–10 minutes before serving. Cut pan 5 x 6.

Calories, 374

Cholesterol, 53 Mg

Sodium, 724 Mg

Dietary Fiber, 1.3 G

Iron, 2 Mg

Calcium, 161 Mg

Vitamin A, 75 RE

Vitamin C, 7 Mg

Protein, 16.1 G

Carbohydrates, 24.7 G

Total Fat, 23.6 G

Saturated Fat, 9.5 G

Chili Con Carne

Number of Portions: 8

Size of Portions: 1/2 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/2 cup Fruit/Vegetable

INGREDIENTS

Dry Beans, mixed, rinsed	1 cup
Ground Beef	1/2 lb.
Onions, chopped	1
Green Pepper, chopped	1/2
Water	2 cups
Tomatoes, diced	1 (14 1/2 oz.) cans
Chili Powder	1 Tbsp.
Salt	1/2 tsp.

Put beans and 6 cups of water in a large pot. Boil for 2 to 3 minutes, cover, and set aside for at least an hour. Meanwhile, brown ground beef, onion, and green pepper. Pour off fat. Stir in beans and remaining ingredients. Cover. Cook slowly about 1 1/2 hours. Add additional hot water as needed to keep beans just covered with liquid.

Note: Lima, navy and pinto beans used for nutrient analysis.

Calories, 202	Iron, 3 Mg	Protein, 11.7 G
Cholesterol, 24 Mg	Calcium, 48 Mg	Carbohydrates, 22.1 G
Sodium, 340 Mg	Vitamin A, 70 RE	Total Fat, 8.2 G
Dietary Fiber, 7 G	Vitamin C, 18 Mg	Saturated Fat, 3.2 G

Cornie, Weenie, Beanie Casserole

Number of Portions: 20

Size of Portion: 1 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/2 cup Fruit/Vegetable

INGREDIENTS

Pork and Beans	4 (16 oz.) cans
Corn	3 (15 1/4 oz.) cans
Hot Dogs, all beef, cubed	15 (2 oz.)
Ketchup	1 cup
Brown Sugar	1/2 cup
Mustard, prepared	1 Tbsp

Mix all ingredients together in a large stockpot. Heat through.



Calories, 304
Cholesterol, 28 Mg
Sodium, 1159 Mg
Dietary Fiber, 6.4 G

Iron, 3 Mg
Calcium, 68 Mg
Vitamin A, 39 RE
Vitamin C, 9 Mg

Protein, 11.2 G
Carbohydrates, 38.6 G
Total Fat, 13.6 G
Saturated Fat, 5.2 G