Quick Dinners with Ground Beef

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Sloppy Joes

Ingredients

- 1 lb. ground beef
- 1/8 cup mustard
- 3/4 cup ketchup
- * optional dehydrated or diced onion

Instructions

Cook the ground beef, drain some of the juices off, and then add the mustard, ketchup. If you'd like to add dehydrated onions add them now too. Mix well and taste. If you like it a bit tangier, then add more mustard. Allow to simmer a bit to soak up all the juices and mixture so it's nice and yummy!

* You can freeze this mixture and thaw, warm and serve.

Tacos

Ingredients

- 1 lb. ground beef
- 1 package taco seasoning
- 3/4 water

Instructions

Cook the ground beef, drain some of the juices off, and then add water and taco seasoning. Mix well and simmer for three minutes.

* You can freeze this mixture and thaw, warm and serve.

Spaghetti Sauce

Ingredients

- 1 lb. ground beef
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 cup chopped onions
- 2 cloves chopped garlic
- 1 Tablespoon Italian Seasoning
- 1 Tablespoon sugar

Instructions

Cook the ground beef, drain some of the juices off, and then add the onions and garlic. After onion and garlic have softened add the remaining ingredients and simmer for 10 minutes.

* You can freeze this mixture and thaw, warm and serve.
Freezer to Slow Cooker Beef Dinners

Crock-Pot Beef Stroganoff

Ingredients

- 2 pounds of cubed beef stew meat or 4 cups of cooked ground beef
- 2 cans of cream of mushroom soup
- 1 cup chopped onion
- 2 T Worcestershire sauce
- ½ c water
- 1 c. sour cream
- 2T minced garlic
- packet of onion soup mix
- chopped mushrooms (optional)
- egg noodles (to serve over the day you cook)

Instructions

Cook meat & let it cool. Add all ingredients to a gallon size freezer bag except egg noodles. Seal and place in freezer. When ready to use thaw in fridge overnight. Cook on low for 4-6 hours. Serve over egg noodles.

Chinese Beef and Broccoli

Ingredients

- 2 lb beef stew meat
- 1 can beef broth
- 1/2 cup soy sauce
- 1/3 cup brown sugar
- 1 tablespoon minced garlic
- 2 tablespoons cornstarch

Instructions

Add all the ingredients to a 1 gallon re-sealable freezer safe bag. Mix up. Label and freeze. Thaw overnight in the refrigerator. Add to slow cooker on cooking day. Cook on low 5-6 hours.

Remove 1/4 cup of the sauce from the slow cooker and mix with the 2 tablespoons cornstarch. Stir back into the slow cooker. Meanwhile, steam or boil broccoli and rice as an optional serving suggestion.