

# ALL GROUND BEEF MEALS

## July 2016

### Recipes

1. Beef & Bean Taco Meat
2. Sesame Beef Lettuce Wraps {Filling}
3. Cheesesteak Sloppy Joes
4. Grilled Ranch Burgers
5. Slow Cooker Chili Mac

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# 1. Beef & Bean Taco Meat

*Yield: 4 servings*

*Prep Time: 10 minutes • Cook Time: 20 minutes*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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## Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can pinto beans
- 8 oz. can tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- Salt and pepper
- 8 taco shells
- **Garnish:** shredded lettuce and tomatoes
- **Garnish:** shredded cheese
- **Side:** fruit

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## Cooking Directions for Single Meal

1. Brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
2. Drain and rinse the pinto beans, then stir them in with the meat.
3. Add the tomato sauce, chili powder, ground cumin and salt and pepper to the browned ground beef and let simmer over low heat for 10 minutes. Spoon beef-bean mixture into taco shells and add desired taco toppings on top.
4. Prepare garnishes, if needed.
5. Serve Beef and Bean Tacos with fruit.

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## Assembly Prep Directions for 2 Meals/Bags

Brown 2 lbs. Ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open, drain and rinse 2 cans of pinto beans.

Open 2 cans of tomato sauce.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned and cooled ground beef
- 15 oz. can pinto beans
- 15 oz. can tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for reheating.*

**Special Notes:** *None.*

**Dairy-Free Modifications:** *Omit cheese as garnish.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free sides.*

## 2. Sesame Beef Lettuce Wraps {Filling}

*Yield: 4 servings*

*Prep Time: 10 minutes • Cook Time: 20 minutes*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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### Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1/4 cup soy sauce
- 2 Tbsp sesame oil
- 1/2 tsp ground ginger
- Salt and pepper
- 4 large lettuce leaves
- **Garnish:** sesame seeds and/or green onions
- **Side:** veggies
- **Side:** frozen eggrolls

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### Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to skillet. Add the soy sauce, sesame oil and ground ginger and stir through.
2. Spoon the seasoned ground beef into large lettuce leaves. Garnish with sesame seeds and/or green onion slices.
3. Cook eggrolls, as directed.
4. Prepare veggies.
5. Serve Sesame Beef Lettuce Wraps with garnish, veggies and eggrolls.

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### Assembly Prep Directions for 2 Meals/Bags

Brown 2 lbs. Ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned and cooled ground beef
- 1/4 cup soy sauce
- 2 Tbsp sesame oil
- 1/2 tsp ginger
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet for reheating.*

**Special Notes:** *You could replace the soy sauce, sesame oil and ginger with a store bought "Sesame Ginger" marinade or sauce from the Asian food aisle.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free sides.*

**Gluten-Free Modifications:** *Use gluten-free soy sauce for gluten-free meal.*

## 3. Cheesesteak Sloppy Joes

*Yield: 4 servings*

*Prep Time: 15 minutes • Cook Time: 20 minutes*

*Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.*

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### Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 1 green bell pepper
- 15 oz. can sloppy joe sauce
- Salt and pepper
- 4 hamburger buns
- 4 slices provolone cheese
- **Side:** chips
- **Side:** fruit

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### Cooking Directions for Single Meal

1. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and set aside.
2. Seed and dice the green bell pepper.
3. In the same skillet, add the tomato sauce, minced onion, minced garlic, vinegar, mustard and brown sugar. Stir and let simmer homemade sloppy joe sauce over low heat for 5 minutes. Add the brown beef and chopped green peppers and combine. Simmer over low heat for another 5 to 10 minutes.
4. Spoon the sloppy joe meat over the buns and top with slice of cheese. Let the warm sauce melt the cheese, or microwave to melt the cheese if necessary.
5. Prepare fruit.
6. Serve Cheesesteak Sloppy Joes with chips and fresh fruit.

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### Assembly Prep Directions for 2 Meals/Bags

Seed and chop 2 green bell peppers.

Brown 2 lbs. ground beef with 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool.

Open 2 cans of sloppy joe sauce.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned and cooled ground beef
- Half of the chopped bell peppers
- 15 oz. can sloppy joe sauce
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to skillet for reheating.*

**Special Notes:** *None.*

**Dairy-Free Modifications:** *Omit sliced cheese for dairy-free meal.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free sides and over rice instead of buns.*

## 4. Grilled Ranch Burgers

*Yield: 8 servings*

*Prep Time: 10 minutes • Cook Time: 15 minutes*

*Recipe written below to make 1 meal of 8 burgers. Shopping List contains ingredients to make 2 meals of 8 burgers.*

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### Ingredients for Single Meal

- 2 lbs. ground beef
- 1/2 small white onion
- 1 Tbsp ranch dressing mix
- Salt and pepper to taste
- 8 hamburger buns
- 1/2 cup ranch salad dressing
- **Side:** fruit
- **Side:** chips
- Foil

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### Cooking Directions for Single Meal

1. Peel and grate 1/2 small white onion.
2. Mix ground beef, grated onion, and ranch dressing mix together. Make 8 burger patties and season both sides with salt and pepper.
3. Grill burgers to desired temperature. Set patties onto buns and top with ranch dressing.
4. Serve Grilled Ranch Burgers with fruit and chips.

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### Assembly Prep Directions for 2 Meals/Bags

Peel and grate 1 small white onion.

Mix 4 lbs. ground beef, grated onion, and 2 Tbsp ranch dressing mix together. Form 16 burger patties.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 8 burger patties
- Small piece of foil between patties to prevent sticking

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw completely in the fridge before grilling the burgers.*

**Special Notes:** *None.*

**Dairy-Free Modifications:** *Recipe is dairy-free when served with dairy-free Ranch dressing and mix.*

**Gluten-Free Modifications:** *Recipe is gluten-free when served with gluten-free buns or in lettuce wrap.*

## 5. Slow Cooker Chili Mac

*Yield: 4 servings*

*Prep Time: 15 minutes • Cook Time: 8 hours in slow cooker*

*Recipe written below to make 1 meal of 8 burgers. Shopping List contains ingredients to make 2 meals of 8 burgers.*

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### Ingredients for Single Meal

- 1 lb. ground beef
- 1 Tbsp minced onion
- 1 tsp garlic powder
- 15 oz. can black beans
- 15 oz. can diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 2 cups chicken broth
- Salt and pepper
- 16 oz. box elbow pasta noodles
- Salt and pepper
- **Garnish:** shredded cheddar cheese
- **Side:** veggies

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### Cooking Directions for Single Meal

1. Brown the ground beef with minced onion and garlic powder. Drain well.
2. Add the browned ground beef, black beans, diced tomatoes, chili powder, ground cumin and chicken stock to the slow cooker. Set on low and cook for 8 hours.
3. **IMPORTANT:** When there is 1 hour left in the cooking cycle, add the pasta plus 2 cups of hot water. {You might need to add a little more liquid, depending on how much liquid is already in there and how "hot" your slow cooker runs.} Season with salt and pepper to taste.
4. Prepare veggies.
5. Serve Slow Cooker Chili Mac with shredded cheese garnish and side of veggies.

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### Assembly Prep Directions for 2 Meals/Bags

Brown 2 lbs. ground beef 2 Tbsp minced onion and 2 tsp garlic powder. Drain and let cool before adding to bags.

Open 2 cans of diced tomatoes.

Open, drain and rinse 2 cans of black beans.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned and cooled ground beef
- 15 oz. can black beans
- 15 oz. can diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 2 cups chicken broth
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

**Freeze & Thaw Instructions:** Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw completely in the fridge before adding to slow cooker and cooking as directed.

**Special Notes:** None.

**Dairy-Free Modifications:** Omit cheese garnish for dairy-free meal.

**Gluten-Free Modifications:** Use small shell gluten-free pasta for gluten-free meal.



## Complete Shopping List by Recipe

### 1. Beef & Bean Taco Meat

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans pinto beans
- 2 - 8 oz. cans tomato sauce
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper
- 16 taco shells
- Garnish:** shredded lettuce and tomatoes x 2
- Garnish:** shredded cheese x 2
- Side:** fruit x 2

### 2. Sesame Beef Lettuce Wraps {Filling}

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup soy sauce
- 4 Tbsp sesame oil
- 1 tsp ground ginger
- Salt and pepper
- 8 large lettuce leaves
- Garnish:** sesame seeds and green onions x 2
- Side:** veggies x 2
- Side:** frozen eggrolls x 2

### Supplies

- 10 gallon-size freezer baggies
- Foil for in between burgers

### 3. Cheesesteak Sloppy Joes

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell peppers
- 2 - 15 oz. cans sloppy joe sauce
- Salt and pepper
- 8 hamburger buns
- 8 slices provolone cheese
- Side:** chips x 2
- Side:** fruit x 2

### 4. Grilled Ranch Burgers

- 4 lbs. ground beef
- 1 small white onion
- 2 Tbsp ranch dressing mix
- Salt and pepper to taste
- 16 hamburger buns
- 1 cup ranch salad dressing
- Side:** fruit x 2
- Side:** chips x 2

### 5. Slow Cooker Chili Mac

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans diced tomatoes
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 4 cups chicken broth
- Salt and pepper
- 2 - 16 oz. boxes elbow pasta noodles
- Garnish:** shredded cheddar cheese x 2
- Side:** veggies x 2



## Complete Shopping List by Store Section/Category

### Ground Beef

- 12 lbs. ground beef

### Produce

- 8 large lettuce leaves
- 2 green bell peppers
- 1 small white onion
- Garnish:** shredded lettuce and tomatoes x 2
- Garnish:** sesame seeds and green onions x 2
- Side:** fruit x 6
- Side:** veggies x 4

### Pantry Staples - Canned, Boxed, Jarred

- 2 - 15 oz. cans pinto beans
- 2 - 8 oz. cans tomato sauce
- 2 - 15 oz. cans sloppy joe sauce
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans diced tomatoes
- 4 cups chicken broth

### Starchy Sides - Bread, Pasta, Rice

- 16 taco shells
- 24 hamburger buns
- 2 - 16 oz. boxes elbow pasta noodles
- Side:** chips x 4

### Sauces/Condiments

- 1/2 cup soy sauce
- 4 Tbsp sesame oil
- 1 cup ranch salad dressing

### Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 6 Tbsp chili powder
- 2 Tbsp + 2 tsp ground cumin
- 1 tsp ground ginger
- 2 Tbsp ranch dressing mix
- Salt and pepper

### Dairy/Eggs

- 8 slices provolone cheese
- Garnish:** shredded cheese x 2
- Garnish:** shredded cheddar cheese x 2
- Side:** frozen eggrolls x 2

### Supplies

- 10 gallon-size freezer baggies
- Foil for in between burgers





## Freezer Meal Prep Day Shopping List by Recipe

**Note:** This shopping list doesn't include any side dish items like fruit, baked beans, pasta, dinner rolls, or veggies.

*\*\*In addition to a shopping list for prep day, this list could be used to help you organize*

### 1. Beef & Bean Taco Meat

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans pinto beans
- 2 - 8 oz. cans tomato sauce
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- Salt and pepper

### 2. Sesame Beef Lettuce Wraps {Filling}

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 1/2 cup soy sauce
- 4 Tbsp sesame oil
- 1 tsp ground ginger
- Salt and pepper

### Supplies

- 10 gallon-size freezer baggies
- Foil for in between burgers

### 3. Cheesesteak Sloppy Joes

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 green bell peppers
- 2 - 15 oz. cans sloppy joe sauce
- Salt and pepper

### 4. Grilled Ranch Burgers

- 4 lbs. ground beef
- 1 small white onion
- 2 Tbsp ranch dressing mix
- Salt and pepper to taste

### 5. Slow Cooker Chili Mac

- 2 lbs. ground beef
- 2 Tbsp minced onion
- 2 tsp garlic powder
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans diced tomatoes
- 4 Tbsp chili powder
- 2 tsp ground cumin
- 4 cups chicken broth
- Salt and pepper



## Freezer Meal Prep Day Shopping List by Store Section/ Category

**Note:** This shopping list doesn't include any side dish items like fruit, veggies, pasta, etc.

### Ground Beef

- 12 lbs. ground beef

### Produce

- 2 green bell peppers
- 1 small white onion

### Pantry Staples - Canned, Boxed, Jarred

- 2 - 15 oz. cans pinto beans
- 2 - 8 oz. cans tomato sauce
- 2 - 15 oz. cans sloppy joe sauce
- 2 - 15 oz. cans black beans
- 2 - 15 oz. cans diced tomatoes
- 4 cups chicken broth

### Sauces/Condiments

- 1/2 cup soy sauce
- 4 Tbsp sesame oil

### Spices

- 8 Tbsp minced onion
- 8 tsp garlic powder
- 6 Tbsp chili powder
- 2 Tbsp + 2 tsp ground cumin
- 1 tsp ground ginger
- 2 Tbsp ranch dressing mix
- Salt and pepper

### Supplies

- 10 gallon-size freezer baggies
- Foil for in between burgers



**FreezEasy**  
Simple, Easy Freezer Cooking Meal Plans

## **Assembly Prep Instructions**

- Print out the Assembly Instructions page and/or Loading Table and set out on the counter.
- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or stations.

## **Pre-Cook & Chop Instructions**

- Brown 8 lbs. ground beef with 8 Tbsp minced onion and 8 tsp garlic powder. Drain and set aside to cool before adding to baggies.
- Seed and chop 2 green bell peppers.
- Peel and grate 1 small white onion.
- Mix 4 lbs. ground beef, grated onion, and 2 Tbsp ranch dressing mix together. Form 16 burger patties.
- Open 2 cans of diced tomatoes.
- Open 2 cans of tomato sauce.
- Open 2 cans of sloppy joe sauce
- Open, drain and rinse 2 cans of black beans.
- Open, drain and rinse 2 cans of pinto beans.
- Set up 8 small squares of foil to use in between the burger patties.



**FreezEasy**  
Simple, Easy Freezer Cooking Meal Plans

## Assembly Instructions for Loading Bags

### Beef & Bean Taco Meat

To each of the **Beef & Bean Taco Meat** bags, add the following ingredients:

- 1/8 of the browned and cooled ground beef
- 15 oz. can pinto beans
- 15 oz. can tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- Salt and pepper

### Sesame Beef Lettuce Wrap {Filling}

To each of the **Sesame Beef Lettuce Wrap {Filling}** bags, add the following ingredients:

- 1/8 of the browned and cooled ground beef
- 1/4 cup soy sauce
- 2 Tbsp sesame oil
- 1/2 tsp ginger
- Salt and pepper

### Cheesesteak Sloppy Joes

To each of the **Cheesesteak Sloppy Joes** bags, add the following ingredients:

- 1/8 of the browned and cooled ground beef
- Half of the chopped bell peppers
- 15 oz. can sloppy joe sauce
- Salt and pepper

### Grilled Ranch Burgers

To each of the **Grilled Ranch Burgers** bags, add the following ingredients:

- 8 burger patties
- Small piece of foil between patties to prevent sticking

### Slow Cooker Chili Mac

To each of the **Slow Cooker Chili Mac** bags, add the following ingredients:

- 1/8 of the browned and cooled ground beef
- 15 oz. can black beans
- 15 oz. can diced tomatoes
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 2 cups chicken broth
- Salt and pepper

For all the bags, remove as much air as you can and seal. Freeze up to 6 months in your fridge freezer or 12 months in a deep freezer.