

## Recipe Summary

(A handy guide to use at your shows)

### ▶ Start with:

- Make-Ahead Ground Beef (also works with ground turkey)
- Divide meat into three portions.

### ▶ Add:

- Ingredients to prepare three different recipes
- Freeze and use within three months.

### ▶ Defrost, finish and serve

- Eat and enjoy!

### Make-Ahead Ground Beef

#### ✓ To prepare first

- 3 medium onions
- 3 lb 90% lean ground beef or 93% lean ground turkey
- 3 garlic cloves, pressed

1. Chop onions using **Food Chopper**.
2. Place onions, beef and garlic pressed with **Garlic Press** into **(12-in.) Skillet**. Cook over medium-high heat 15-18 minutes or until beef is no longer pink, breaking into crumbles using **Mix 'N Chop**.
3. Divide beef mixture into three portions.

You'll want to prepare the beef mixture before the guests arrive.

### Easy Beef Stroganoff

#### ○ To prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 8 oz sliced mushrooms
- 1 can (10¾ oz) condensed cream of mushroom soup
- ¼ cup water
- 1 tsp ground paprika
- ½ tsp salt
- ¼ tsp coarsely ground black pepper

Combine in large resealable plastic bag. Freeze for up to three months.

#### ○ To demonstrate and serve

- Combine ingredients in **(10-in.) Skillet** and bring to a simmer over medium heat.
- Stir 8 oz sour cream into beef mixture.
- Cook 1 lb egg noodles; drain. Toss with ¼ cup snipped fresh parsley and 2 tbsp melted butter.
- Spoon stroganoff over noodles and sprinkle with additional paprika and parsley, if desired.

### Saucy Beef Chili

#### ○ To prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 can (16 oz) chili beans in sauce, undrained
- 1 can (14.5 oz) petite diced tomatoes, undrained
- 1½ cups water
- 1 can (6 oz) tomato paste
- 1 pkt (1.48 oz) chili seasoning mix

Combine in large resealable plastic bag. Freeze for up to three months.

#### ○ To demonstrate and serve

- Combine ingredients in **(10-in.) Skillet** and bring to a simmer over medium heat.
- Spoon chili into bowls and top with desired toppings, such as shredded cheddar cheese, sliced green onions or sour cream, if desired.

(Tell guests that this chili can be served on top of baked potatoes or with purchased cornbread.)

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### Zesty Beef Tacos

#### ● To prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 cup chunky salsa
- 1 can (6 oz) tomato paste
- $\frac{3}{4}$  cup water
- 1 pkt (1 oz) taco seasoning mix

Combine in large resealable plastic bag.  
Freeze for up to three months.

#### ● To demonstrate and serve

- Combine ingredients in **(10-in.) Skillet** and bring to a simmer over medium heat.
- Arrange 12 taco shells on serving platter.
- Fill with:  
Beef mixture  
 $\frac{1}{2}$  cup shredded cheddar cheese  
1 cup shredded lettuce  
2 seeded and diced plum tomatoes
- Garnish with snipped fresh cilantro and serve with lime wedges, if desired.

### Italian Beef Hoagies

#### ● To prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 each green and red bell pepper, sliced
- $\frac{1}{4}$  cup water
- 2 tbsp red wine vinegar
- 1 pkt (1 oz) onion soup mix
- 1 tbsp **Italian Seasoning Mix**

Combine in large resealable plastic bag.  
Freeze for up to three months.

#### ● To demonstrate and serve

- Combine ingredients in **(10-in.) Skillet** and bring to a simmer over medium heat.
- Sprinkle 1 cup (4 oz) shredded Provolone cheese over beef mixture.
- Cover with lid and simmer 1-2 minutes or until cheese melts.
- Spoon into 6 warm hoagie rolls.

### Barbecue Beef Sloppy Joes

#### ● To prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 cup ketchup
- 2 tbsp **Smoky Barbecue Rub**
- 2 tsp cider vinegar

Combine in large resealable plastic bag.  
Freeze for up to three months.

#### ● To demonstrate and serve

- Combine ingredients in **(10-in.) Skillet** and bring to a simmer over medium heat.
- Divide beef mixture among 6 hamburger buns.
- Top with coleslaw, shredded cheese, shredded lettuce or sliced green onions, if desired.