



Make-Ahead Ground Beef

☒ **Required**

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

Plus 2 large reusable freezer bags.



Easy Beef Stroganoff

☐ **To freeze**

Beef Mixture:

- 1 portion *Make-Ahead Ground Beef*
- 8 oz mushrooms
- 1 can (10¾ oz) condensed cream of mushroom soup
- 1 tsp ground paprika
- ½ tsp salt
- ¼ tsp coarsely ground black pepper

☐ **To demonstrate**

- 1 lb uncooked egg noodles
- 1 small bunch fresh parsley
- 2 tbsp butter
- 8 oz sour cream
- Additional paprika and snipped fresh parsley (optional)



Saucy Beef Chili

☐ **To freeze**

Beef Mixture:

- 1 portion *Make-Ahead Ground Beef*
- 1 can (16 oz) chili beans in sauce, undrained
- 1 can (14.5 oz) petite diced tomatoes, undrained
- 1 can (6 oz) tomato paste
- 1 pkt (1.48 oz) chili seasoning mix

☐ **To demonstrate**

- Optional toppings such as shredded cheddar cheese, sliced green onions or sour cream



Zesty Beef Tacos

☐ **To freeze**

Beef Mixture:

- 1 portion *Make-Ahead Ground Beef*
- 1 cup chunky salsa
- 1 can (6 oz) tomato paste
- 1 pkt (1 oz) taco seasoning mix

☐ **To demonstrate**

- 12 taco shells
- 1 small head lettuce
- 1 2-oz block cheddar cheese
- 2 plum tomatoes
- 1 small bunch fresh cilantro (optional)

Variation: *Zesty Beef Taco Salad:* Omit taco shells and substitute 12 cups torn lettuce for the shredded lettuce.



Italian Beef Hoagies

☐ **To freeze**

Beef Mixture:

- 1 portion *Make-Ahead Ground Beef*
- 1 each green and red bell pepper
- 2 tbsp red wine vinegar
- 1 pkt (1 oz) onion soup mix
- 1 tbsp **Italian Seasoning Mix**

☐ **To demonstrate**

- 1 cup (4 oz) shredded Provolone cheese
- 6 hoagie rolls



Barbecue Beef Sloppy Joes

☐ **To freeze**

Beef Mixture:

- 1 portion *Make-Ahead Ground Beef*
- 1 cup ketchup
- 2 tbsp **Smoky Barbecue Rub**
- 2 tsp cider vinegar

☐ **To demonstrate**

- 6 hamburger buns
- Optional toppings such as coleslaw, shredded cheese, shredded lettuce or sliced green onions