

5 Easy Recipes with 5 lbs. of Ground Beef

It's a busy time of year. The Ohio Beef Council is here to make back-to-school simple with our 5 with 5 meal plan. Let us show you how 5 pounds of lean ground beef and a little prep time can give you 5 tasty and nutritious meals to make breakfast, lunch and dinner easy throughout the week.

Scan the code below for the full recipes and follow along with us on YouTube @OhioBeefCouncil

Meat

- 5 pounds ground beef

Herbs and Seasonings

- Rubbed Sage
- Garlic powder
- Onion powder
- Salt
- Crushed red pepper
- Pepper
- Italian seasoning

Dairy and Eggs

- 1 dozen eggs
- 1 ½ cups Cheddar cheese (shredded)
- ¼ cup Mozzarella cheese (shredded)
- 1 ½ cups Mexican cheese blend (shredded)
- Frozen bread dough (thawed)
- Sour cream (optional)

Produce

- 1 small tomato
- Baby spinach
- 1 large onion
- 2 Red bell peppers
- 1 large zucchini
- 1 yellow squash
- Fresh cilantro

Canned and Dry Goods

- 16 ounces Salsa (plus more for egg cups)
- 2 cups Pasta sauce
- 6 English Muffins
- 4 large flour tortillas (10 inch diameter)
- 1 can Reduced Sodium Beef Broth (14.5 ounces)
- 1 cup Whole wheat pasta
- 1 can Diced tomatoes, no salt added (14.5 ounces)



Easy Beef Breakfast Rolls



Beef and Egg Breakfast Mugs



English Muffin Cheeseburger Pizzas



Ground Beef and Pasta Primavera



Crazy Beef Quesadillas

Scan for these easy and nutritious recipes and to cook along with us in the Ohio Beef Council Kitchen.

