

Fast Fixes-Beef

All of the tips and recipes are designed to get your dinner on the table with little or no effort. It will eliminate the, "What's for dinner?" and I've only got 15 minutes to figure it out dilemma. I have been using these for years and it's helped me be less stressed and spend more time with my family instead of in the kitchen cooking and doing dishes while still being able to provide healthy, home cooked meals. You may want to consider holding a fast fixes chicken, pasta, sides or desserts demo to get in on more time saving tips. ENJOY!

The next three recipes all use this basic beef mix. Make it in 3lb or 6lb (do below twice) amounts and store in Freezer mate small 2 containers.

Beef Mix-

3lb ground beef

1 1/2 cups chopped each, celery, onions, carrots, peppers

Chop all veggies in quick chef or chopper (I prefer the quick chef.) Place veggies on broken up ground beef in 3qt Tupperware with colander. Cook till beef and veggies are done and tender. Break up beef several times during cooking. Cool and store in freezer in 3 small 2 Freezer mates.

Beef Tetrazzini

1 small 2 of beef mix (above)

1/4 cups skim milk

1 can cream mushroom soup

1 pkg. (10 oz) frozen broccoli

1 cup grated cheddar cheese

1 tsp. Italian seasoning

Place all ingredients into 3 qt. Tupperware, stir and microwave approx. 12 minutes or until hot stirring once during cooking. Serve over cooked spaghetti noodles.

Beef Stroganoff

1 clove garlic minced

1 can (4oz) sliced mushrooms

1 can cream of chicken soup

1 small 2 beef mix (above)

2 T. ketchup

Mix ingredients and microwave in 3qt. Tupperware for 10 minutes stirring once or twice or until very hot. Stir in 1 cup sour cream and cook an additional 5 minutes. Serve over cooked egg noodles.

Beef Oriental

1 small 2 beef mix (above)

2tsp. Soy sauce

1 pkg. (16oz) oriental veggies defrosted

1 can (16oz) tomatoes drained

1/4 tsp. Ginger

Microwave above ingredients stirring once about 12 minutes or until hot. Serve over cooked rice.

Other uses for beef mix- Use a batch of beef mix in place of 1lb of ground beef in any recipe. It will add more flavor and nutrition with the vegetables. If your family doesn't like one of the veggies try mincing it really fine so you don't notice it or eliminate it. The recipes are very adaptable. The mix works well in Chili, Spaghetti sauce, nachos, tacos (add a little taco seasoning), enchilada's etc...

Ground Beef- Brown all your ground beef in the 3qt. Tupperware with colander. Cover so it doesn't spatter. It's much easier to clean up then a large skillet. Just cool and take thick paper towel and wipe out the trash and put into the

dishwasher. Plus it's healthier. It's not setting in grease while cooking. Store Ground beef in Freezer containers so they are ready to pull out and use.

Cheeseburger Pie

1 1/2 lbs ground beef cooked (or beef mix) 3 T. ketchup

pie crust

Mix ground beef and ketchup, spoon into uncooked pie crust in quiche pan. Top with onions, mushrooms, olives or whatever "cheese burger" toppings you prefer. Cover with 1 cup shredded cheddar cheese and microwave 10 minutes. Put into oven at 350 just to brown crust and cheese (about 7-8 minutes.)

Enchiladas

1 lb ground beef cooked 1/2 cup chopped onion

1 can tomato soup 1 jar salsa

2 cups shredded taco cheese 10 flour 8 inch soft taco shells

Place approx. 2 T. ground beef a few pieces of chopped onion and about 1 tsp. Of cheese into shells. Roll up and place into RNS large shallow. Continue with remaining shells. Mix soup and salsa pour evenly over top. Top with cheese and microwave 8-10 minutes.

For roasts or stew cook on 30% power approx. 20 minutes per pound in liquid.