

GROUND BEEF MEALS

Taco Salad

1-2 pounds ground beef
tortilla chips
salsa
sour cream
romaine lettuce
shredded cheddar cheese
tomatoes

Chili

1-2 pounds ground beef
2 or 3 cans chili beans
seasonings and other beans you want
broth or water
Cornbread (flour, sugar, yellow corn meal,
baking powder, salt, milk, eggs,
vegetable oil, and butter)

Burgers

1-2 pounds ground beef
buns
condiments
lettuce
tomato
frozen veggies or tater tots

Beef Stew

1-2 pounds ground beef
{or stew meat}
4 or 5 diced potatoes
4 or 5 chopped carrots
2 or 3 cups of beef broth
1 small can tomato paste
season to taste
dinner rolls or serve over rice

Spaghetti

1-2 pounds ground beef
Jar of traditional pasta sauce
1 pound of spaghetti noodles
garlic french bread and salad

Sloppy Joes

1-2 pounds ground beef
mustard
ketchup
BBQ sauce
brown sugar
buns
frozen veggies