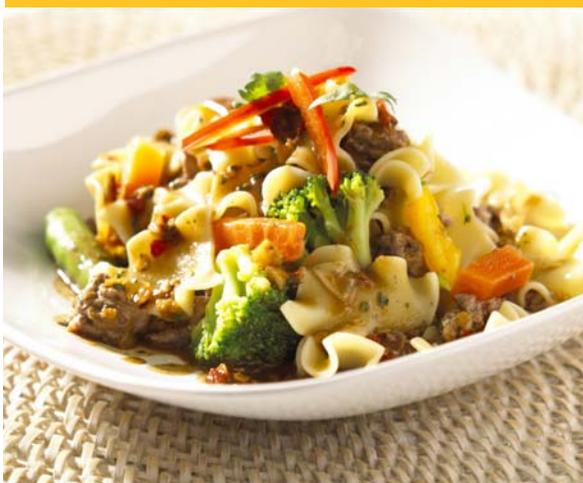


DINNER MADE

Easy!

Easy family meals for every day of the week



Supper simplified – it's dinner made *easy!*



This booklet showcases Canada's most popular meat – **Ground Beef**. Paired with mealtime favourites – **Old El Paso®** products and **Hamburger Helper®** dinner mixes, it is just what you need to make nutritious after-work meals a snap.

Start with a pound of ground

There are lots of ground beef options from which to choose. This handy chart will help you bring home the best grind for the meal you're making.



Ground Beef Type

Best Use

Extra Lean
(10% maximum fat)

Use in flavour-packed recipes that you don't drain after cooking. Use in **meat loaf, cabbage rolls or stuffed peppers**.

Lean
(17% maximum fat)

Canada's No. 1 grind is a good all-purpose grind.

Medium
(23% maximum fat)

Use in recipes where fat drains off while cooking, such as **burgers and meatballs**, or drain the pan-fried meat.

Regular
(30% maximum fat)

Brown and drain before adding other ingredients. Use in **pasta sauce, casseroles or tacos**.

- Recent studies show that on average ground beef has less fat than the maximum allowed.
- Cooking can reduce the amount of fat in raw ground beef on average by one third; fat drips out when grilling or broiling and can be drained off after pan-frying.

Ground beef is nutritious and an excellent source of protein, zinc and vitamin B₁₂ and a good source of ready-to-use iron.

Per 100 g raw ground beef, on average: 19 g protein, zinc 50% DV, vitamin B₁₂ 110% DV, iron 15% DV

mexican meat loaf tacos

Tacos bring fun to the dinner table and are tops with kids – just mention Old El Paso® tacos and watch their smiles grow! With a meat loaf slice for the filling, these tacos are neat to eat and so easy for children's hands to hold! You can freeze the remaining refried beans in an airtight container to use the next time you make this recipe.

Prep: 5 minutes **Cooking:** 50 minutes **Serves:** 6

1 lb (500 g)	Canadian Lean or Extra Lean Ground Beef
Half (can 14 oz/398 mL)	Old El Paso® Refried Beans
1/2 cup (125 mL)	dry bread crumbs
1 pkg (275 g)	Old El Paso® Taco Kit
1/2 cup (125 mL)	Green Giant® Frozen Niblets® Whole Kernel Corn
1/2 cup (125 mL)	diced sweet pepper
3/4 cup (175 mL)	shredded mozzarella or Cheddar cheese
Toppings (optional): shredded lettuce, Old El Paso® Thick N' Chunky Salsa , sliced green onion, diced tomato	

1. Combine beef, refried beans, bread crumbs, seasoning mix and half the salsa from kit, gently mixing for the most tender meat loaf. Press into foil-lined 9 x 5-inch (2 L) loaf pan. Combine remaining salsa, corn and pepper; sprinkle on loaf.

2. Insert oven-safe meat thermometer into centre of loaf. Bake at 350°F (180°C) for 50 minutes until thermometer reads 160°F (71°C). Remove from oven and sprinkle with cheese. Use foil to lift meat loaf to cutting board; let stand for 5 minutes.

3. Warm taco shells in hot oven for 5 minutes. Cut meat loaf into 12 slices, placing one into each taco shell. Garnish with toppings if desired.

Per Serving (made with Extra Lean): 364 Calories, 24 g protein, 15 g fat, 33 g carbohydrate
% Daily Value (DV): excellent source of iron (26% DV) and zinc (43% DV), 36% DV sodium

Shortcuts:

Make-Ahead: Make casseroles such as meat loaf the night before and refrigerate in baking pan – ready to bake for dinner.

Bake-Ahead: Bake meat loaf the night before and refrigerate. To serve, slice and place slices into taco shells. Microwave each filled shell for 30 to 45 seconds at HIGH.

Tacos to Go: Freeze cooked meat loaf slices right in the taco shells and you've got a great portable microwaveable lunch or dinner. Microwave at HIGH from frozen 45 to 60 seconds, from thawed, 30 to 45 seconds.



Old El Paso®
It's a fiesta in a box!



orange ginger beef

With the addition of just a few ingredients Hamburger Helper® steps out! Here, Ground Beef teams up with new Hamburger Helper® Salisbury Dinner Mix to create a terrific flavour-packed stir-fry. If you like it spicy, stir in 1 to 2 tsp (5 to 10 mL) Asian chili sauce or hot pepper sauce.

Prep: 5 minutes **Cooking:** 25 minutes **Serves:** 5

1 lb (500 g)	Canadian Ground Beef
1 pkg (176 g)	Hamburger Helper® Salisbury Dinner Mix
1 cup (250 mL)	orange juice
1 tsp (5 mL)	grated orange rind (optional)
2 tbsp (25 mL)	soy sauce
1-1/2 to 2 tsp (7 to 10 mL)	ground ginger
1 pkg (500 g)	Green Giant® Garden Creations® Frozen Japanese Mix (or any Green Giant® Garden Creations® Frozen Vegetable Mixture)

1. Brown beef in large deep skillet over medium-high heat, stirring occasionally. Drain.

2. Stir in Hamburger Helper® sauce mix and noodles, **2-1/4 cups (300 mL) water**, orange juice, orange rind (if using), soy sauce and ginger. Bring to boil; reduce heat, cover and simmer, stirring occasionally, for 7 minutes.

3. Stir in vegetables; cover and cook for 7 to 8 minutes.

Per Serving (made with Lean Ground Beef): 367 Calories, 24 g protein, 13 g fat, 39 g carbohydrate
% Daily Value (DV): good source of iron (21% DV) and excellent source of zinc (47% DV), 52% DV sodium

Straight from the source . . .

Source grinds are quality ground beef made from single cuts of meat.

Try:

- Lean or Extra Lean Ground Round
- Lean or Extra Lean Ground Sirloin
- Lean Ground Chuck

If you're a Sirloin Steak fan, use Ground Sirloin to make a delicious batch of burgers.



**Hearty Home-Cooked
Hamburger Helper®**



baked enchiladas

WOW! This recipe looks so impressive and tastes so great that they'll think you've taken a day off just to make dinner! It's perfect for any night of the week. To make ahead, cover and refrigerate the assembled dish; increase baking time by 5 to 10 minutes.

Prep: 10 minutes **Cooking:** 40 minutes **Serves:** 6

1 lb (500 g)	Canadian Ground Beef
1 pkg (465 g)	Old El Paso® Soft Taco Kit
1 cup (250 mL)	Green Giant® Frozen Niblets® Whole Kernel Corn
1/2 cup (125 mL)	diced sweet pepper or zucchini
2 cups (500 mL)	shredded mozzarella, Cheddar, Monterey Jack or nacho cheese blend
1 can (14 oz/398 mL)	tomato sauce
	Sour cream (optional)

1. Brown beef in large skillet over medium-high heat, stirring occasionally; drain. Stir in **1 cup (250 mL) water** and seasoning mix from kit; cook for 5 minutes. Stir in corn, pepper and **1 cup (250 mL)** of the cheese.

2. Combine taco kit salsa and tomato sauce. Pour **1 cup (250 mL)** into 9 x 13-inch (23 x 33 cm) baking dish. Place approximately **1/3 cup (75 mL)** beef filling on each taco kit tortilla and roll up, leaving ends open. Place seam side down in pan.

3. Pour remaining sauce over tortillas; sprinkle with remaining cheese. Cover with foil; bake at **375°F (190°C)** for 20 to 25 minutes. Serve with sour cream if desired.

Per Serving (made with Lean Ground Beef): 506 Calories, 28 g protein, 24 g fat, 43 g carbohydrate
% Daily Value (DV): excellent source of iron (31% DV) and zinc (50% DV), 61% DV sodium

Quick Quesadilla:

Start with **1 lb (500 g) Canadian Ground Beef** and **1 pkg (465 g) Old El Paso® Soft Taco Kit** to make this restaurant favourite.

• **Brown** and drain beef. Stir in **1 cup (250 mL) water** and **seasoning mix**. Cook for 5 minutes or until liquid is absorbed; let stand 5 minutes.

• **Stir** in **taco kit salsa** and **1-1/2 cups (375 mL) shredded cheese**. Spread **1/2 cup (125 mL)** mixture over **1 tortilla**; top with a second tortilla. Repeat with remaining tortillas.

• **Cook** on baking sheet at **450°F (230°C)** for 8 to 10



**Make Tonight
Old El Paso® Night!**



all-new shepherd's pie

All the makings of a shepherd's pie put together differently! This one-dish dinner is simple to make using new Hamburger Helper® Cheesy Baked Potato Dinner Mix. Just assemble everything in the baking pan, pop it in the oven and relax while dinner cooks unattended – you don't even have to cook the ground beef first!

Prep: 5 minutes **Cooking:** 55 minutes **Serves:** 5

1 pkg (176 g) **Hamburger Helper® Cheesy Baked Potato Dinner Mix**

1 lb (500 g) **Canadian Lean or Extra Lean Ground Beef**

1 pkg (500 g) **Green Giant® Garden Creations® California Combo**
frozen mixed vegetables **or (300 g) Green Giant®**
Frozen Mixed Vegetables

1/4 cup (50 mL) milk

1. Layer Hamburger Helper® potatoes in bottom of 9-inch (23 cm) square baking dish. Crumble **uncooked** ground beef on top.

2. Combine Hamburger Helper® sauce mix with **2 cups (500 mL) hot water**; pour over beef. Layer frozen vegetables over beef. Cover tightly with foil; bake at 400°F (200°C) for 55 to 60 minutes.

3. Stir milk into cheese topping mix; drizzle over baked casserole.

Per Serving (made with Extra Lean): 312 Calories, 24 g protein, 10 g fat, 32 g carbohydrate
% Daily Value (DV): good source of iron (18% DV) and excellent source of zinc (47% DV), 41% DV sodium

**Make it beef for all the right reasons...
convenience, nutrition, value and great taste!**

Shortcuts:

Zero Clean-Up: When making meat loaf, burgers or meatballs, place all the ingredients in a large sealable freezer bag; seal and combine by squishing mixture with hands. No bowl to wash!

Frozen Assets: Pan-fry, drain and freeze ground beef ahead. That way, you will have cooked ground beef at the ready when making pasta sauce, chili, soup or casserole recipes. Dinner just got easier!



**Hearty Home-Cooked
Hamburger Helper®**



Ground Beef Smarts

- **Cook or freeze** raw (not previously frozen) ground beef the day you buy it – store frozen for up to 3 months. If package is stamped with a "best before" date, cook or freeze by that date.
- **Never thaw ground beef at room temperature – thawing in the refrigerator is best.** Thawed ground beef must be cooked before refreezing.
- **Never eat ground beef rare – cook ground beef thoroughly to an internal temperature of 160°F (71°C).** Ground beef can look done (no longer be pink inside) before being completely cooked.
- **It is normal for the ground beef at the centre of a package to be dark purple while the meat at the surface is bright red.** As beef is exposed to oxygen, it naturally develops a red colour. The meat at the centre will turn red once it is exposed to air.



Beef Information Centre

**DINNER
made
EASY!**

MAKE IT BEEF
For all the right reasons

For more great ground beef recipes visit beefinfo.org or call 1-888-248-BEEF.