

Quick and Convenient Meals



It seems like new information about food and nutrition comes out everyday. Oftentimes we are so busy that we do not have time to think about all that new information. Because of a lack of time, we often make “meals-in-boxes” which are often high in fat and sodium and maybe expensive to make. Below are a “Ground Beef Helper” recipe and four main dishes that can be made using the “Ground Beef Helper” mix. To save time, make the “Ground Beef Helper” ahead of time and store in an air tight container. Buy four pounds of ground beef or turkey when it is on sale. Cook the meat in a skillet. Divide into meal size portions and freeze. Now, you will have meat ready to use when you are short on time.

Ground Beef Helper (Makes 3 cups)

- 2 cups nonfat dry milk powder
- 1 cup corn starch
- 1/4 cup unsalted beef bouillon powder
- 2 tablespoons onion flakes
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon black pepper
- 2 tablespoons dried parsley
- 1 tablespoon garlic powder

Mix the ingredients together and store in an air tight container.

Nutrition Information per Serving (½ cup used in recipes): 200 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 150 mg sodium, 38 g carbohydrates, <1 g fiber, 14 g sugar, 10 g protein, vitamin A 2%, vitamin C 10%, calcium 35%, iron 6%

Chili Tomato Macaroni (Makes 8 one cup servings)

- 1 pound ground beef or turkey, browned and drained
- 1 cup water
- 1 ½ cups uncooked macaroni
- 2 15-ounce cans tomatoes, chopped
- 1 15-ounce can kidney or pinto beans (optional)
- 1 tablespoon chili powder
- ½ cup Ground Beef Helper
- ½ cup cheese, grated

1. Place the above ingredients except for the cheese in a large skillet.
2. Stir to mix.
3. Cover the skillet and simmer for 20 minutes or until the macaroni is tender.
4. Top with grated cheese.
5. Serve with a slice of whole wheat bread and fresh or canned fruit.

Nutrition Information per Serving (1 cup): 332 calories, 10 g fat, 4.5 g saturated fat, 60 mg cholesterol, 259 mg sodium, 34 g carbohydrates, 7 g fiber, 7 g sugar, 27 g protein, vitamin A 15%, vitamin C 15%, calcium 8%, iron 15%

Know how. Know **now.**

Ground Beef Stroganoff

(Makes 6 one cup servings)

1 pound ground beef or turkey, browned and drained
2 cups water
½ cup Ground Beef Helper
2 cups uncooked egg noodles
1 cup frozen peas (optional)
½ cup “light” sour cream or plain yogurt

1. Place the above ingredients except for the sour cream in a large skillet.
2. Stir to mix.
3. Bring mixture to a boil. Reduce heat and simmer covered for 15-20 minutes or until the noodles are tender.
4. Stir in sour cream or yogurt.
5. Serve with chilled pineapple chunks and low-fat or fat-free milk.

Nutrition Information per Serving (1cup): 303 calories, 12 g fat, 5 g saturated fat, 85 mg cholesterol, 130 mg sodium, 19 g carbohydrates, 1 g fiber, 3 g sugar, 27 g protein, vitamin A 10%, vitamin C 8%, calcium 4%. iron 20%

Hearty Potato Casserole

(Makes 6 one cup servings)

1 pound ground beef or turkey, browned and drained
¾ cup water or milk*
6 potatoes, peeled and sliced thin
1 cup frozen mixed peas and carrots
½ cup plus 1 tablespoon Ground Beef Helper

1. Place the above ingredients in a large skillet.
2. Stir to mix.
3. Cover the skillet and simmer for 20-30 minutes or until the potatoes are tender.
4. Stir, uncover and cook until extra water is gone.
5. Serve with a salad and corn muffin.

*For a creamier taste use milk instead of water.

Nutrition Information per Serving (1 cup): 383 calories, 9 g fat, 4 g saturated fat, 65 mg cholesterol, 125 mg sodium, 46 g carbohydrates, 5 g fiber, 4 g sugar, 29 g protein, vitamin A 45%, vitamin C 40%, calcium 4%. iron 25%

Skillet Lasagna

(Makes 8 one cup servings)

1 pound ground beef, browned and drained
½ cup Ground Beef Helper
1 medium onion chopped
2 cups water
16 ounces tomato sauce or 1 can cream of tomato soup
3 cups dry noodles
¼ cup Parmesan cheese
2 cups mozzarella cheese, grated

1. Place the above ingredients except for the mozzarella cheese in a large skillet.
2. Bring to a boil. Reduce the heat and simmer for 15 minutes, stirring until thickened.
3. Top with mozzarella cheese.
4. Turn off heat, stop stirring and allow cheese to melt.
5. Serve with a tossed salad, a favorite dressing and garlic bread.

Hint: Chop onions and freeze with the ground beef. If you use a can of tomato soup you may need to add 1/3 cup more water.

Nutrition Information per Serving (1 cup): 422 calories, 14 g fat, 7 g saturated fat, 70 mg cholesterol, 579 mg sodium, 42 g carbohydrates, 2 g fiber, 7 g sugar, 31 g protein, vitamin A 8%, vitamin C 8%, calcium 25%, iron 15%



Source: Magic Meals in Minutes, Colorado State University Cooperative Extension