

# Classic Ground Beef Dishes Made Easy

## Beef Shakshuka

Serves 4

### Ingredients

- 3 tablespoons olive oil
- 1 pound lean ground beef
- Salt and pepper to taste
- 2 cups tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 4 large eggs
- 2 tablespoons freshly chopped parsley
- 5 ounces feta cheese, crumbled

### Directions

1. Warm the olive oil in a large non-stick frying pan and add the ground beef.
2. Season with salt and pepper and add the tomato sauce, basil, and oregano.
3. Cook for about 5 minutes, then crack in the eggs.
4. Cover and cook for 7 more minutes.
5. Serve topped with freshly chopped parsley and crumbled feta.

## Classic Nachos

Serves 4

### Ingredients

- 8 cups nachos
- 2 tablespoons oil
- 1 cup ground beef
- 1 cup cheddar cheese, grated
- ½ cup sour cream
- ¾ cup tomatoes, chopped
- 2 teaspoons chili pepper
- ¼ cup red bell pepper, diced
- ¼ cup corn kernels

### Directions

1. Heat some oil in a pan and sauté the ground beef until browned. Drain the fat and add the tomatoes, chili pepper, red bell pepper, and corn.
2. Spoon over the nachos and top with grated cheese. Place under the broiler until the cheese is melted.
3. Serve with the sour cream.

# Lentil Ground Beef Soup

Serves 4

## Ingredients

- 3 tablespoons olive oil
- 1 small onion, diced
- 2 medium carrots, shredded
- 1 bell pepper, diced
- 3 cloves garlic, minced
- Salt and pepper to taste
- 1 pound lean ground beef
- 1 cup lentils
- 3 tablespoons freshly chopped parsley
- ½ cup tomato sauce
- 1 quart vegetable broth

## Directions

1. Warm the olive oil in a large pot and add the onion, carrots, bell pepper, and garlic.
2. Season with salt and pepper and stir in the ground beef.
3. Add the lentils and cook for 5 minutes.
4. Add the parsley and tomato sauce and pour in the vegetable broth.
5. Cook for 25 minutes, stirring occasionally.

# Spaghetti and Meatballs

Serves 4

## Ingredients

- 1 pound ground beef
- ¾ cup bread, cubed
- 1 teaspoon garlic, minced
- 1 small onion, minced
- 1 tablespoon tomato paste
- 4 cups tomato puree
- 1 cup chicken stock
- 3 fresh basil leaves
- 1 teaspoon oregano
- 1 teaspoon salt, black pepper
- 1/2 package spaghetti noodles

## Directions

1. Place a large pot of salted water to boil.
2. Add spaghetti to boiling water approximately 10 minutes before serving dish, cook according to package instructions.
3. Combine ground beef, bread, garlic, onion, tomato paste, oregano, salt, black pepper in a bowl.
4. Using hands, shape 1" meatballs.
5. Heat 4 tablespoons olive oil in a skillet.
6. Place meatballs in large cast iron skillet, and cook for seven minutes. Ensure all sides are browned and cooked.
7. Add tomato puree and chicken stock to skillet, simmer on low for 20 minutes.
8. Add basil, simmer for another 5 minutes.
9. Serve spaghetti with meatballs.

# Classic Greek Moussaka

Serves 4

## **Ingredients**

- 2 medium potatoes, peeled and cut into ¼-inch circles
- 2-3 medium eggplants, peeled and cut into about ⅛-inch circles
- Olive oil, as needed

### For beef-tomato mixture

- 1 pound lean ground beef or lamb
- 1 ½ medium onions, peeled and chopped
- 2 tablespoons garlic, minced
- 1 8-ounce can tomato sauce
- 1 teaspoon dried oregano
- 2 tablespoons dried parsley
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon sugar
- ½ teaspoon salt, or to taste
- ½ teaspoon fresh ground black pepper, or to taste

### For white sauce

- 3 tablespoons butter
- ½ teaspoon salt
- ½ teaspoon fresh ground black pepper
- 2 tablespoons flour
- 1 cup half-and-half cream or milk
- 2 eggs, beaten
- ½ cup grated Parmesan cheese

## **Directions**

### For potato and eggplant layers

1. Preheat the oven to 450°F, and grease a 9x13 or lasagna pan.
2. Arrange the potato slices on the bottom of the pan as the first layer. Brush with olive oil.
3. Place the eggplant slices on top of the potato as a second layer. Again, brush with olive oil.
4. Bake for 15 minutes.
5. When eggplant and potato are tender, remove them from the oven. Separate a few slices of eggplant to make another layer for later.
6. Reduce the heat to 350°F.

### For beef-tomato sauce layer

1. Brush a large skillet with oil and heat over medium-high on the stovetop.
2. Cook the beef and onions, stirring until the beef is no longer pink and the onions are soft. Skim off any excess fat or grease from skillet.
3. Add the garlic, tomato sauce, oregano, parsley, cinnamon, nutmeg, sugar, salt, and black pepper. Stir until heated through.

# Classic Sloppy Joes

Serves 4

## Ingredients

- 1 pound ground beef
- 1 cup canned crushed tomatoes
- ½ cup red onion, chopped
- ½ cup red bell pepper, chopped
- 1 tablespoon ketchup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon brown sugar
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 4-6 hamburger buns

## Directions

1. Prepare the Dutch oven by heating the coals and placing the Dutch oven on top of them.
2. Once the oven is heated, add the ground beef and toss until just browned, approximately 5 minutes.
3. To the oven, add the crushed tomatoes, onion, and red bell pepper. Toss while cooking for 3 minutes.
4. Add the ketchup, Worcestershire sauce, brown sugar, Dijon mustard, garlic powder, paprika, salt, and pepper. Stir to make a sauce that evenly coats the meat.
5. Cover and let simmer 10 minutes.
6. Spoon onto buns and serve immediately

\*\*\*These recipes and more are found in Louise Davidson's *No Fuss Cooking: Ground Beef Cookbook - Chili, Soup, Stew, Sandwich and Burger, Pasta, Casserole, Meatball, and More Ground Beef Recipes*. To get your own copy, click on the cover below or click [here](#).

