

# 3 SIMPLE STEPS FOR SKILLET COOKING BEEF

When skillet cooking with Ground Beef, the possibilities are endless. In a matter of minutes, you'll have an affordable, mouth-watering meal on the table the whole family will enjoy.

STEP 1

## CHOOSE YOUR CUT

Ground Beef is one of the best choices for skillet cooking. Choosing 95% lean or leaner Ground Beef will keep it on the lean side.



Ground Beef

STEP 2

## PREPARE YOUR BEEF



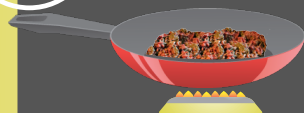
Remove Ground Beef from refrigerator.

Heat large nonstick skillet over medium heat until hot.



STEP 3

## COOK YOUR BEEF



Add Ground Beef.



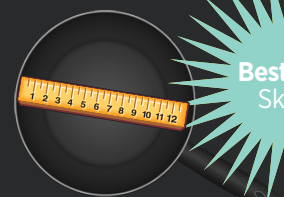
Cook 8-10 minutes.



While cooking, break into  $\frac{3}{4}$ -inch crumbles and stir occasionally. When finished, remove drippings.

## Beef Coach's Tips:

**Tip #1:** When selecting your skillet, look for a thick bottomed pan with a strong coating for the best and most even cooking.



**Best Tool:**  
Skillet

**Tip #2:** One of the best sizes to use is a 12" pan. This size allows for the beef to be browned without crowding the pan.

**Tip #3:** After cooking, it is important to let the pan cool completely before cleaning.

## Sizzlin' Facts about Ground Beef

**43%**

of Americans eat Ground Beef at home twice a week or more!

**94%**

of Americans say they eat Ground Beef!

**67%** of Americans prepare a Ground Beef dish at least once a week!

<sup>1</sup>IPSON Public Affairs, Ground Beef Cooking Methods, November 2010



Funded by The Beef Checkoff

For simple meal ideas, nutrition information and cooking tips, visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

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# Putting the 'Skill' in Skillet

*You've read, you've learned, you've mastered the art of the skillet! Now put these new skills to the test with these fun and simple recipes.*

## Beef & Pasta Skillet Primavera



### Ingredients

1 pound Ground Beef (96% lean)  
1 can (14 to 14-1/2 ounces) reduced-sodium beef broth  
1 cup uncooked whole wheat or whole grain pasta  
2 small zucchini and/or yellow squash, cut in half lengthwise, then crosswise into 1/2 inch slices  
1 can (14-1/2 ounces) Italian-style diced tomatoes, drained  
Freshly grated Parmesan cheese (optional)

Total recipe time: 25 to 30 minutes

Makes 4 servings

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth and pasta; bring to a boil. Reduce heat; cover and cook 7 to 11 minutes or until pasta is almost tender. Add squash and tomatoes; continue to cook 4 to 6 minutes or until pasta is tender and sauce is slightly thickened, stirring occasionally. Garnish with Parmesan cheese, if desired.

## Asian Beef Lettuce Wraps



### Ingredients

1-1/2 pounds Ground Beef (95% lean)  
1/2 cup hoisin sauce  
1/2 cup Asian peanut sauce  
1 medium cucumber, seeded, chopped  
1/2 cup shredded carrot  
1/4 cup torn fresh mint leaves  
Salt and pepper  
12 large Boston lettuce leaves (about 2 heads) or iceberg or romaine lettuce  
Fresh mint leaves

Total recipe time: 30 minutes

Makes 4 servings

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings. Stir in hoisin sauce and peanut sauce; heat through.
2. Just before serving, add cucumber, carrots and torn mint; toss gently. Season with salt and pepper. Serve beef mixture in lettuce leaves. Garnish with mint.



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