

5 oz Meatloaf

Ingredients:

5oz 97% lean ground beef

1cup mushrooms sliced

½ cup green onions sliced

½ cup spinach, rough chopped

1 egg white or *whole cage-free egg*

Walden farms BBQ sauce or walden farms ketchup

Spray pan with Pam spray. Saute mushrooms and green onion until tender. Remove from heat and add spinach. In a bowl, add ground beef, egg white and veggies. Salt and pepper to taste. Form into small meatloaf and brush with BBQ sauce. Bake at 350 degrees for 30 minutes or until done. You can also brush additional sauce on the meatloaf while baking. Make several ahead of time and freeze for a quick meal!

Zucchini Ground Beef Casserole

Ingredients:

2 pounds ground beef

1 small onion, chopped, 2 1/2 ounces

6 small zucchini, sliced in half moons, 24 ounces

1/2 pound fresh mushrooms, sliced

1 packet Ideal Protein Mushroom Soup Mix

Brown the ground beef with the onion and a little salt and pepper; drain the fat. Put the meat in a large, greased casserole, 3 quarts or larger. Sauté the zucchini and mushrooms until almost tender; season lightly and add to the ground beef in the casserole. Prepare the mushroom soup and stir into meat and vegetable mixture; adjust the seasoning if necessary. Bake at 350° 30 minutes or until hot and bubbly.

Makes about 8 servings

Spicy Beef Flank Steak

Ingredients:

1/2 cup extra virgin olive oil
1/4 cup rice vinegar
4 cloves garlic, crushed with the skin
1 teaspoon cumin
1/2 bunch of thyme
2 teaspoons crushed black pepper
2 peppers, finely chopped
2 bay leaves
2 x 1 pound of beef flank steak
salt and pepper

In a large Ziploc bag, mix all marinade ingredients and set aside. Make shallow incisions in the steak so the marinade penetrates more. Let marinate in the refrigerator for at least 2 hours. Preheat barbeque at high temperature. Put steak on hot grill to seer. Season to taste. Grill for about 5 minutes on each side. Serve steak rare or pinkish.

Don't overcook flank steak-it would get a bit stiff.

Bun-less Burger

Ingredients:

1/2lb raw ground beef
Sea salt and pepper to taste
1 tsp. minced dry onions
2 dill spears, chopped
2 Tbsp Walden Farms Ketchup
Mustard to taste
Lettuce as desired

Brown the beef and rinse any excess fat. Season with salt and pepper. Meanwhile, soak the dried onions to rehydrate them. Put meat in a large salad bowl and toss with the rest of the ingredients. Enjoy!