

## Ground Beef Enchilada Zucchini Boats



- 1 tbsp. olive oil
- ½ cup diced red onion
- 1 lb. lean ground beef
- 2 garlic cloves, minced
- 1 tsp. smoked paprika
- 1 tsp. ground cumin
- salt to taste

large zucchinis, sliced in half lengthwise and scooped out to create a "boat"

- 1½ cups enchilada sauce
- ½ cup shredded cheddar cheese
- ¼ cup chopped fresh cilantro

### optional toppings:

- diced tomatoes
- diced green onions
- diced avocado

### Instructions

1. Heat a medium large skillet to medium high heat.
2. Add olive oil and onions to the pan. Sauté until translucent or soft, about 2-3 min.
3. Add in ground beef. Cook until there is no pink in the meat, breaking up meat into small pieces along the way.
4. Add in minced garlic, smoked paprika, ground cumin, and then salt to taste. Stir until combined.
5. In a 13x9 inch baking dish, add zucchini boats flesh side facing up. Scoop ground beef mixture into the "boat" part of zucchini.
6. Pour the red enchilada sauce over the filled zucchini boats.
7. Sprinkle with shredded cheddar cheese.
8. Cover the baking dish with foil. Bake for 20 min. at 350°.
9. Remove foil from pan. Bake for another 5 min. uncovered.
10. Garnish with fresh cilantro and any additional toppings. Enjoy!

<https://www.joyfulhealthyeats.com/ground-beef-enchilada-zucchini-boats/>

## MEXICAN PIZZA

- 1/2 pound ground beef
- 1/1 cup diced onion
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- dash cayenne powder
- 1 (16 oz.) can refried beans
- 4 (10 inch) flour tortillas
- 1/2 cup salsa
- 2 cups shredded Mexican cheese blend
- 2 green onions, chopped
- 8 grape tomatoes, diced
- 1/4 cup finely chopped jalapeno peppers
- 1/4 cup sour cream (optional)



### DIRECTIONS:

Preheat the oven to 350°. Line a baking sheet with parchment and spray with non-stick cooking spray. In a large skillet, cook beef, onion and garlic over medium-high heat until beef is browned and onion is tender. Drain grease. Stir in chili powder, cumin, salt, pepper, and cayenne. Place two tortillas side by side on baking sheet, and cover with a layer of refried beans. Scatter half of the seasoned ground beef over each tortilla, and then cover with a second tortilla. Bake 10 minutes. Remove baking sheet from oven. Spread salsa on top of each top. Top with cheeses, tomatoes, green onions, and jalapenos. Return pizzas to oven, and bake for 5 to 10 more min., until cheese is melted. Remove from the oven, and let cool slightly before slicing each one into 4 pieces. Serves 4-8

<https://www.barbarabakes.com/jimmys-mexican-pizza/print/>

## stuffed french bread



- 1 loaf French bread
- 1 pound lean ground beef
- 2 Tbsp. finely chopped onion
- 1/2 cup chopped celery
- 1 tsp. minced garlic
- 1 can cream of mushroom soup
- 2 Tbsp. milk
- 2 tsp. Worcestershire sauce
- salt and pepper, to taste
- 1 1/2 cups shredded cheddar cheese
- 1/2 Tbsp. chopped parsley (optional)

### Instructions

Preheat oven to 350° F. Slice the French bread in half, lengthwise, so you have two equal pieces. Scoop out the bread in the center of each piece. Place bread in a large bowl and tear into small chunks. Set the two halves of French bread onto a large baking sheet. Set aside. Brown the ground beef and onion in a large skillet, over medium-high heat. Drain any grease. Add the celery and garlic to skillet. Cook a few minutes until celery is tender. Next, add soup, milk and Worcestershire sauce. Season with salt and pepper. Stir and cook mixture until heated; another 5 min. or so. Add beef mixture to the bread in the large bowl. Stir to combine. Pour mixture into the center of one half of the French bread. Spread out evenly. Top the mixture with shredded cheese. Top with the other half of bread. Bake 10 to 15 min., or until cheese is melted. Remove from oven and let stand 5 min. before slicing and serving. Enjoy!

<https://life-in-the-loft-house.com/stuffed-french-bread/>

## Salisbury Steak Meatballs with



### Gravy and Mashed Potatoes

#### For Meatballs

- 1 1/2 lb. lean ground beef
- 1/2 cup breadcrumbs I used Panko
- 1 egg
- 1/4 cup ketchup
- 1/4 cup coarse grain mustard
- 1 tbsp. Worcestershire sauce
- 1 tsp seasoning salt
- 1/2 tsp pepper
- 1 tsp onion powder
- 2 tbsp. olive oil for frying

#### For Gravy

- 2 tbsp. butter
- 1 large onion chopped
- 1 tbsp. Worcestershire sauce
- 1 cup beef broth or chicken broth
- 2 tbsp. cornstarch
- 1/2 tsp seasoning salt
- 1 tbsp. ketchup
- parsley for garnish

#### For Mashed Potatoes

- 5 large potatoes peeled and chopped into 1 inch cubes
- 4 tbsp. unsalted butter 1/2 stick
- 1/4 cup skim milk, add more if needed
- 1/4 cup light cream cheese
- salt and pepper to taste

#### Instructions

1. Add meatball ingredients (excluding the olive oil) to a large bowl and mix well, use your hands. Shape into 1 inch meatballs; approximately 40.
2. Add olive oil to a large skillet and heat over medium to high heat. Add meatballs and cook. If you're using a large skillet all meatballs should fit in one batch otherwise, you might have to fry them in a couple batches. Cook the meatballs on all sides, add more oil if needed. Remove meatballs from skillet and set aside.
3. To the same skillet add butter and melt. Add onion and cook until onion is soft and translucent. In a bowl add the cornstarch and beef broth and whisk. Add broth and remaining gravy ingredients to skillet, and cook for about 3 to 5 minutes, sauce should thicken. If the sauce is too thick add a bit more beef broth. Taste for seasoning and adjust as necessary. **Continued, next column.**

I SPEND A LOT OF TIME  
HOLDING THE REFRIGERATOR  
DOOR OPEN LOOKING FOR  
ANSWERS.

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4. When the gravy is done add the meatballs back to the skillet and toss them around so they're covered in the gravy. Garnish with parsley.
5. Peel the potatoes and cut them in 1 inch cubes. Boil them on medium heat until potatoes are tender, for about 20 minutes.
6. Drain potatoes and in a medium bowl, add the potatoes, milk, butter, cream cheese and salt and pepper. Using a potato masher mash the potatoes until desired consistency. You may also use a hand mixer if you wish. Add additional milk as necessary.
7. Serve meatballs over mashed potatoes.

<https://www.jocooks.com/main-courses/beef-main-courses/salisbury-steak-meatballs-with-gravy-and-mashed-potatoes/#wprm-recipe-container-13944>

i'm sorry for  
what i said  
when i was  
hungry

Make It a great week,

~Tricia  
Spencer's Fresh Markets  
Morro Bay & Santa Maria

## Slow Cooker Beef and Cheese Pasta



- 2 lb. lean ground beef
- 1 yellow onion, diced
- 1 teaspoon garlic, minced
- 15 oz. marinara sauce
- 15 oz. stewed tomatoes
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon Italian seasoning
- Red pepper flakes to taste
- 2 tablespoons Worcestershire sauce
- 2 beef bouillon cubes
- 2 tablespoons sugar
- Salt and pepper to taste
- 10 oz. frozen spinach, cooked
- 1 lb. penne/rigatoni/bow tie pasta, cooked al dente
- 1/2 cup Parmesan cheese, shredded
- 1 1/2 cups Mozzarella cheese, shredded

#### Instructions

1. Over medium high heat, brown the beef until cooked. Drain any fat.
2. Remove beef and sauté onions and garlic until onions are translucent.
3. Transfer onions and beef to a slow cooker and pour in marinara sauce, tomatoes, basil, oregano, Italian seasoning, red pepper flakes, Worcestershire sauce, crumbled beef bouillon cubes and sugar.
4. Stir to mix well and season with salt and pepper to taste.
5. Cook for 6-8 hours on low
6. Cook pasta till al dente, according to package instructions. Drain well and add cooked pasta, Parmesan and Mozzarella to the meat sauce and stir to combine.
7. Cook on high for 30 minutes.
8. Mix in cooked or raw spinach leaves and stir well.
9. Dish and serve hot. Serves 8.

<http://www.thecookingjar.com/slow-cooker-beef-cheese-pasta/>