

Ground Beef Recipes

These recipes can be made using already cooked ground beef.



Prepare Time
5 Minutes



Cook Time
20-25 min approx.

Ingredients

- 1 lb ground beef (or 1/2 lb ground beef and 1/2 lb Italian sausage)
- salt and pepper to taste
- 1 medium onion chopped
- 2 cans 15 ounce canned tomato sauce
- 2 cans 6 oz can tomato paste
- 1 can 14 ounce diced tomato can use 2 or 3 if you like lots of tomatoes
- 1 tsp Italian seasoning
- 2 TBSP dried parsley flakes
- 2 tsp garlic powder
- crushed red pepper (to taste) I use a pinch, but you can leave it out or add more
- 2 TBSP Worcestershire sauce use Gluten Free if needed
- 2 TBSP granulated sugar
- 2 Cup water

If needed: Make sure your Worcestershire sauce is gluten free.

Serve with
spaghetti noodles or penne noodles
ranch or caesar salad, green beans
parmesan roasted broccoli or
asparagus
spinach salad, sauted vegetables

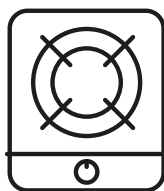
The Everything Spaghetti Sauce



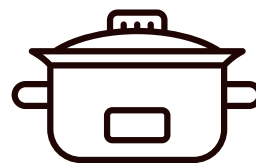
1. In the large skillet, add beef and chopped onions. Sprinkle on salt and pepper. Brown. Drain excess grease.
2. Add 2 cans of tomato sauce, 2 cans of tomato paste, 1 tsp Italian seasoning, 2 TBSP parsley, 2 tsp garlic powder, dash of crushed red pepper, 2 TBSP Worcestershire sauce, and 2 TBSP sugar to the skillet. Stir well to combine.
3. Bring to a boil. Add water and stir well.
4. Reduce heat and simmer for 20-30 minutes.

To freeze

- Eat some for dinner, of course!
- Let the rest of the spaghetti sauce cool.
- Once cool, separate into quart size freezer bags! Squish out all the excess air. Zip closed. Lay flat and label the bag.
- Place in the freezer flat stacked on top of each other.



Simmer for
20-30 minutes.



Cook on low 4-6 hours
Make sure to brown meat
before putting in crockpot.

