

# 3 Dinners Mini Menu #12- Ground Beef Dinners

## Grocery List

3lbs Ground Beef  
Beef & Broccoli Seasoning  
8oz Mushrooms  
Bell Pepper x1  
Onion x1  
12oz Frozen Broccoli  
15oz Southwestern Corn  
7-8oz Pasta (any shape)  
Soy Sauce  
Taco Seasoning  
Tortillas  
White Rice  
8oz Colby Jack Cheese  
French Bread

@lowdoughfamily

## Beef & Broccoli Bowls

1 lb ground beef  
1 pack beef & broccoli seasoning mix  
2 tbsp soy sauce (or per packet instructions)  
2 cups frozen broccoli florets  
2-3 cups cooked rice

1. In a large skillet, cook ground beef over medium heat until fully browned. Drain excess grease.
2. Add seasoning packet, soy sauce, and water (follow packet instructions, usually ~1/2 cup).
3. Stir in frozen broccoli. Cover and simmer 5-6 minutes, stirring occasionally, until broccoli is heated through and sauce thickens.
4. Serve over cooked rice.

## Philly Cheesesteak

### Pasta Skillet

1 lb ground beef  
1 green bell pepper, diced  
1 small onion, diced  
8oz sliced mushrooms  
7-8 oz pasta (any shape)  
1 cup shredded Colby Jack cheese  
Favorite Seasonings  
French bread

1. Cook pasta in boiling water until tender. Drain and set aside.
2. In a large skillet, brown ground beef with favorite seasonings. Drain if needed.
3. Add diced bell pepper, onion, and mushrooms. Cook 5-7 minutes until soft.
4. Add cooked pasta and shredded cheese. Stir to combine and melt the cheese.
5. Serve with slices of French bread on the side.

## Air Fryer Beef Taquitos with Southwest Corn

1 lb ground beef  
1 pack taco seasoning  
1 cup shredded Colby Jack cheese  
10 small flour tortillas  
15oz can Southwest corn  
Cooking spray or oil

1. In a skillet, brown ground beef over medium heat. Drain excess grease.
2. Stir in taco seasoning and a splash of water if needed. Simmer for 1-2 minutes, then remove from heat.
3. Let beef cool slightly, then mix in shredded cheese.
4. Spoon a couple tablespoons of the beef mixture onto each tortilla and roll tightly.
5. Lightly spray the outsides with oil and place seam-side down in the air fryer.
6. Air fry at 360 degrees for 6-8 minutes, flipping halfway, until crisp.
7. Serve with warmed Southwest corn on the side.