BEEFING UP GROUND BEEF

The makers of A.1. Steak Sauce have perfected this completely new collection of ground beef recipes for you and your family.

These recipes have several things in common besides ground beef and A.1. They are delicious. They provide new and imaginative ways to prepare popular recipes. They are easy and quick to prepare. They only require ingredients that are economical and already available in your home.

Enjoy these recipes. We’re sure they’ll become family favorites.

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**Buying Ground Beef**

Ground beef is one of the most economical buys at the meat counter. Its versatility lends it to a wide variety of tastes from hamburgers and casseroles to all kinds of ethnic dishes.

Because ground beef may be offered under a variety of names, it is important to understand the types of ground beef available. Next to selecting meat that is fresh, and has a bright red color, the label is the most important source of information.

Under the nationwide Uniform Retail Meat Identity Standards Code, ground beef must be pure beef, ground from skeletal meat, contain no variety, organ meat or other ingredients, and contain no more than 30% fat. Many supermarkets label their ground beef according to the percentage of lean or fat it contains. Not less than 75% lean, for instance, means that 75% of the meat in the package is actually lean ground beef. Ground beef labeled as 75% lean is the same as that labeled 25% fat.

Sometimes you find the meat labeled GROUND CHUCK, GROUND ROUND or GROUND SIRLOIN.
This tells you it is still GROUND BEEF, but that it was ground from a specific part of the steer.

The lean-to-fat ratio is an important consideration in selecting beef for certain recipes. The higher the percentage of fat, the more the meat will shrink during cooking. Fat is necessary to add flavor and juiciness, but too much is not economical and adds extra calories. The fat content also affects the price; the lower the percentage of fat, the higher the price.

The chart below illustrates the three categories of ground beef, and the kinds of dishes they are most suited for.

<table>
<thead>
<tr>
<th>Ground Beef</th>
<th>Lean Ground Beef</th>
<th>Extra Lean Ground Beef</th>
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<tbody>
<tr>
<td>25–30% Fat</td>
<td>70–75% Lean</td>
<td>15–20% Fat</td>
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<tr>
<td>May also be labeled</td>
<td></td>
<td>80–85% Lean</td>
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<tr>
<td>Hamburger</td>
<td>Ground chuck</td>
<td>Ground round</td>
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<td>Ground beef</td>
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<td>Ground sirloin</td>
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<td>Chopped beef</td>
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<td>Diet lean</td>
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<td>Best used in</td>
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<td>Hamburgers, chili, and</td>
<td>Hamburgers, meatloaf,</td>
<td>Hamburgers, low calorie</td>
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<td>meat recipes where excess</td>
<td>meatballs, Salisbury</td>
<td>dishes, and recipes where</td>
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<td>fat may be drained during</td>
<td>steak, noodle or rice</td>
<td>excess fat cannot be</td>
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<tr>
<td>cooking if desired.</td>
<td>casseroles.</td>
<td>drained.</td>
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</table>
Tastier Ground Beef is as Easy as A.1.

Remember, always mix 3 tablespoons of A.1. Steak Sauce into every pound of ground beef for tastier, juicy hamburger and meat loaf.

A.1. Meatloaf

2 lbs. lean ground beef  
6 tablespoons A.1. Steak Sauce  
1 medium onion, chopped  
1 cup dry bread crumbs  
2 eggs, beaten  
1 can (8 oz.) tomato sauce  
1 teaspoon salt  
½ teaspoon pepper  

Lightly mix all ingredients. Pat into 9” x 5” x 3” loaf pan. Bake in preheated 350°F oven 1 hour.

A.1. Hamburgers

1 lb. ground beef  
3 tablespoons A.1. Steak Sauce  
1 teaspoon salt (optional)  

Lightly combine all ingredients. Form into 4 patties. Grill or cook as desired.

ARE YOU CALORIE CONSCIOUS?  
A.1. IS FOR YOU TOO!  
Did you know that A.1. contains only 12 calories per tablespoon?  
A.1. makes ground beef juicier and tastier.  
It doesn’t make you worry about calories.
Two unique and inexpensive ways to turn ground beef into dinner for a special occasion. These dishes look elegant, but are actually very simple to prepare.

**Meat Loaf Wellington**

Inexpensive, easy, beautiful.

Preparation: 30 min.    Cooking: 1 hour, 15 min.

- 2 lbs. ground beef
- 6 tablespoons A.1. Steak Sauce
- 2 eggs, beaten
- ½ cup each chopped onion and catsup
- 1 cup dry bread crumbs
- 1 can (3 oz.) sliced mushrooms with liquid
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 package (10 oz.) frozen patty shells, thawed in refrigerator

In large bowl, thoroughly combine all ingredients except patty shells. Pat mixture into 9" x 5" x 3" loaf pan. Bake in preheated 375°F oven 45 minutes. Remove from oven. Let stand 10 minutes while preparing pastry. Increase oven temperature to 425°F. On floured board, stack patty shells. With rolling pin, roll pastry in 16" circle. Drain meat loaf. Invert on center of pastry. Fold 4 sides around meat loaf. Trim excess. Place, seam side down, on baking sheet. From excess pastry, cut design, to decorate top of loaf. Brush entire surface with beaten egg, if desired. Bake 20 minutes or until browned. Serves 8.

**Quick Vegetable Quiche**

Perfect luncheon dish. So easy! Makes its own crust.

Preparation: 20 min.    Cooking: 40 min.

- 1 lb. ground beef
- 1 package (10 oz.) frozen chopped broccoli, thawed
- 1 small fresh tomato, chopped
- ½ cup chopped green pepper
- ¼ cup chopped onion
- 1 medium clove garlic, crushed
- ½ teaspoon salt
- 1 cup A.1. Steak Sauce
- 1 cup (4 oz.) shredded Jack cheese
- 4 eggs
- 3/4 cup biscuit mix
- 1 1/4 cups milk

In large skillet, brown beef until crumbly. Drain. Mix in broccoli, tomato, pepper, onion, garlic, salt, A.1. and basil. Spread in greased 10" pie plate. Sprinkle with cheese. In blender, or with mixer, beat remaining ingredients until smooth. Pour over cheese. Bake in preheated 400°F oven 35 minutes or until knife inserted comes out clean. Let stand 5 minutes before serving. Serves 8.

*Recipes shown on opposite page.*
Kid tested favorites the whole family can enjoy. Fun to help make as well as eat. They’re terrific for parties and everyday meals.

Frankenburgers

Everyone loves the name!
Preparation: 15 min.  Cooking: 10 min.

1 lb. ground beef
3 tablespoons A.1. Steak Sauce
1 egg
1/2 teaspoon salt
1 small onion, minced
1 cup (4 oz.) shredded sharp Cheddar cheese
6 slices bacon, partially cooked and drained
6 frankfurter rolls, toasted

In mixing bowl, thoroughly combine beef, A.1., egg, salt, onion and cheese. Divide into 6 portions. Shape each into long roll resembling a frankfurter. Wrap with bacon slice. Broil, turning carefully, until brown on all sides and cooked as desired. Serve in rolls. Makes 6.

A.1. Sloppy Joes

Young cooks in the family will enjoy preparing this easy recipe for friends.
Preparation: 10 min.  Cooking: 15 min.

1 lb. ground beef
3 tablespoons A.1. Steak Sauce
1 cup chopped onion
1 can (15 oz.) tomato sauce
1/4 cup catsup
1/2 teaspoon garlic salt
1/2 cup (2 oz.) shredded mild Cheddar cheese
8 hamburger rolls, toasted


Recipes shown on opposite page.
Two everyday favorites take on a whole new flavor. Taste something special when you add the A.1.

Sweet n' Sour Salisbury Steakburger

A hearty flavor to satisfy the hungry family.

Preparation: 10 min. Cooking: 15 min.

1 1/2 lbs. ground beef
6 tablespoons A.1. Steak Sauce
1/2 teaspoon salt
1/4 teaspoon pepper
1 can (10 1/2 oz.) condensed onion soup
1/2 cup catsup

In medium bowl, combine beef, 4 tablespoons A.1., salt and pepper. Shape into 4 burgers. In large skillet, brown burgers on both sides. Drain. In small bowl, combine remaining A.1., soup and catsup. Pour over burgers. Simmer, covered 10 minutes or until meat is cooked as desired. Serve, garnished with sauteed onions, if desired. Serves 4.

A.1. Mini Meat Loaf

Individual meat loaves that cook in half the time.

Preparation: 15 min. Cooking: 30 min.

1 lb. ground beef
1 egg
1 can (15 oz.) tomato sauce
3/4 cup uncooked rolled oats
3 tablespoons and 1 teaspoon A.1. Steak Sauce
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup chopped onion

In large bowl, thoroughly combine ground beef, egg, 3/4 cup tomato sauce, oats, 3 tablespoons A.1., salt, pepper and onion. Divide in 12 portions. Place in 12 cup (2 1/2") muffin tin. Bake in preheated 400°F oven 30 minutes. In small saucepan, combine remaining tomato sauce and A.1. Bring to boil. Spoon over individual meat loaves. Serves 6.
A.I. adds a zesty change of pace to these one-dish meals. They’re great when you don’t have time to make a complicated meal.

Creamy Green Bean Casserole

A quick dish after a long working day.
Preparation: 15 min. Cooking: 25 min.

- 1 lb. ground beef
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup A.1. Steak Sauce
- 2 packages (10 oz.) frozen cut green beans
- 1 can (10 ¾ oz.) condensed cream of celery soup
- ½ cup milk
- 1 can (3 oz.) French fried onions

In large skillet, brown beef until crumbly. Drain. Mix in remaining ingredients. Pour into greased 10” x 6” x 2” baking dish. Bake in preheated 350° F oven 20 minutes or until bubbly. Top with onion rings. Continue baking 5 minutes or until onions are crisp. Serves 4-6.

Stuffed Zucchini

The easiest, most delicious one-dish meal.
Preparation: 15 min. Cooking: 35 min.

- 3 lbs. zucchini
- 1 lb. ground beef
- 3 tablespoons A.1. Steak Sauce
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 cup (4 oz.) shredded mild Cheddar cheese
- 1 jar (16 oz.) spaghetti sauce
- ½ cup dry bread crumbs

Good hearty food for big appetites. Quick to make after a full, active day and great as a buffet supper.

Beef Vegetable Soup
Unbelievably fast with old-fashioned, satisfying flavor.
Preparation: 10 min. Cooking: 15 min.

1 lb. ground beef, cooked, crumbled and drained
1/2 cup chopped onion
1/4 cup A.1. Steak Sauce
1/2 teaspoon salt
1 quart beef broth
1 can (16 oz.) tomatoes, chopped
1 cup uncooked medium egg noodles
1 package (10 oz.) frozen peas and carrots.

In large saucepan, combine all ingredients. Bring to boil. Reduce heat. Simmer, covered, 15 minutes or until noodles and vegetables are tender. Serves 4-6.

Pizza Supper Sandwich
Delicious pizza prepared in a hurry.
Preparation: 15 min. Cooking: 5 min.

1/2 lb. ground beef
1/4 cup chopped onion
1 can (6 oz.) tomato paste
3 tablespoons A.1. Steak Sauce
1 large loaf (15 oz.) Italian bread, cut in half lengthwise
1/4 cup butter (or margarine), softened
1 1/2 cups (6 oz.) shredded mild Cheddar cheese

In medium skillet, brown beef until crumbly. Drain. Mix in onion, tomato paste and A.1. Keep warm. Place bread on large cookie sheet. Spread with butter. Toast under broiler until brown. Spread with meat mixture. Top with cheese. Broil 4-6 minutes or until cheese is melted. Serves 8.

Recipes shown on opposite page.
Incredibly Easy Lasagna

A.1. enriches the flavor of this easily prepared lasagna.

Preparation: 15 min. Cooking: 1 hour

3/4 lb. ground beef
3 tablespoons A.1. Steak Sauce
1 jar (32 oz.) spaghetti sauce
8 oz. uncooked lasagna noodles
2 cups (16 oz.) ricotta cheese
2 cups (8 oz.) shredded mozzarella cheese
1 cup (4 oz.) Parmesan cheese


Baked Stuffed Shells

A delicious dish to satisfy a hungry family.

Preparation: 30 min. Cooking: 40 min.

1 package (9 oz.) jumbo macaroni shells for filling
1 1/2 lbs. ground beef
2 cups (8 oz.) shredded Jack or Muenster cheese
3/4 teaspoon garlic salt
1/2 teaspoon pepper
1 egg
1 cup fresh breadcrumbs
1/4 cup plus 3 tablespoons A.1. Steak Sauce
3 1/2 cups tomato juice
1/2 cup Parmesan cheese

In 4 quarts boiling salted water, cook shells 9 minutes. Drain. Rinse with cold water. In large skillet, brown beef until crumbly. Drain. Mix in cheese, salt, pepper, egg, breadcrumbs and 1/4 cup A.1. Stuff shells with meat mixture. Mix remaining A.1. and tomato juice. Pour one half juice in bottom of 9" x 13" x 2" baking pan. Arrange stuffed shells in single layer in pan. Pour remaining juice over all. Sprinkle with Parmesan cheese. Bake in preheated 350° F oven 35–40 minutes or until lightly browned and bubbly. Serves 8.
How to Get More Recipe Booklets. FREE.

Two Fact-Filled Booklets from America's Beef Experts

**Facts About Beef**
Find out how you can derive maximum enjoyment out of beef. Ten pages of information on how to select, store, freeze, cook and carve beef.

**A Dozen Ways to Stretch Your Beef Budget**
Twelve fact-filled pages on how to get the most value out of your beef budget.

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Mail a self-addressed, stamped 9½” x 4¼” (long) envelope to: Beef Industry Council
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A.1 has been the leading steak sauce for a century. Because it contains a mixture of nine herbs and spices, A.1. is also a natural seasoning ingredient. A.1. adds just the right touch to create flavorful new dishes with ground beef...one of the most economical buys at the meat counter.

Our thanks to the Beef Industry Council for their help in supplying us with information on beef and for providing, free, to our consumers two valuable information booklets on beef.

A.1. Steak Sauce is manufactured by the Grocery Products Group of Heublein, Inc.

For information regarding any of the fine Heublein food products (Escoffier Sauces, Grey Poupon Dijon Mustard, Ortega Mexican foods, Regina Cooking Wines and Wine Vinegars, and Snap-E-Tomato Cocktail, all of which are registered trademarks), write to:

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Heublein, Inc.
P.O. Box 1228
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