

Beef for Breakfast

Recipes to fuel your day

**BEEF
LOVING
TEANS**
TEXAS BEEF COUNCIL


**21 g
PROTEIN**


**MAKES 8
SERVINGS**


**10
MINUTES**

Beef and Egg Breakfast Mugs

Country- Style Waffle Sandwich


**32 g
PROTEIN**


**MAKES 4
SERVINGS**


**25
MINUTES**


**37 g
PROTEIN**


**MAKES 4
SERVINGS**


**50
MINUTES**

Beef Sausage & Egg Muffin Cups


**35 g
PROTEIN**


**MAKES 4
SERVINGS**


**35
MINUTES**

Get Up and Go Beef Burritos


**35 g
PROTEIN**

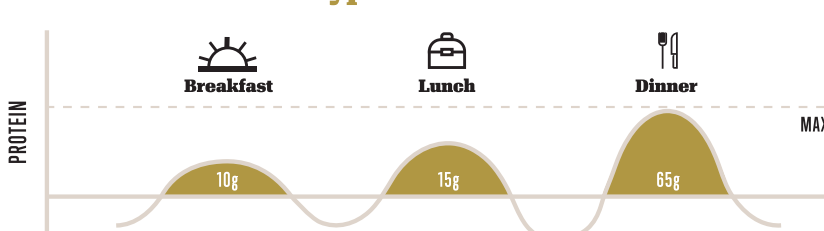

**MAKES 6
SERVINGS**


**30
MINUTES**

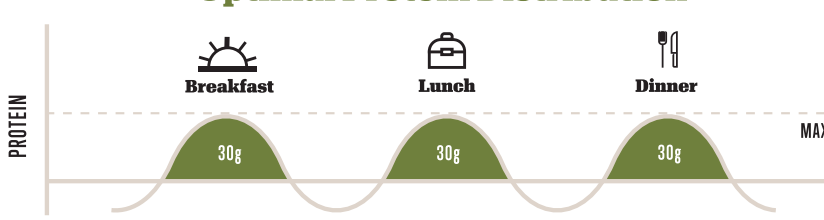
English Muffin Cheeseburger Pizzas

Rethink Protein: Aim for 25-30 g Protein at all 3 Meals

American's Typical Protein Distribution



Optimal Protein Distribution



BEEF SAUSAGE SAVORY OATS

INGREDIENTS

- 1 batch *Basic Country Beef Breakfast Sausage*
- 1 ½ cup fat free milk
- 3 cups unsalted beef broth
- ¼ tsp. salt
- 1 cup steel cut oats
- 1 cup cherry tomatoes, cut in half
- ½ cup shredded Cheddar cheese
- ¼ cup chopped fresh chives

TOPPINGS (optional)

Chopped chives, shredded Cheddar cheese

PREPARATION

- 1 Prepare *Basic Country Beef Breakfast Sausage*. Keep warm.

Basic Country Beef Breakfast Sausage: Combine 1 lb. Ground Beef (93% or leaner), 2 tsp. chopped fresh sage or ½ tsp. rubbed sage, 1 tsp. garlic powder, 1 tsp. onion powder, ½ tsp. salt and ¼-½ tsp. crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over MEDIUM heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally.
- 2 Meanwhile, add milk, broth and salt to a medium sauce pan. Bring to a boil over HIGH heat. Stir in oats, reduce to a simmer. Cook 25-30 minutes until oatmeal is tender and all liquid has been absorbed, stirring often. Remove from heat.
- 3 Stir in beef sausage, tomatoes, cheese and chives. Divide between four bowls. Garnish with chives and cheese, as desired.

Nutrition information per serving: 429 Calories; 137 Calories from fat; 15.3 g Total Fat (6.5 g Saturated Fat; 5.6 g Monounsaturated Fat); 98 mg Cholesterol; 724 mg Sodium; 34.4 g Total Carbohydrate; 4.8 g Dietary Fiber; 39.2 g Protein; 4.8 mg Iron; 617 mg Potassium; 6.4 mg Niacin; 0.5 mg Vitamin B₆; 3.4 mcg Vitamin B₁₂; 7.3 mg Zinc; 27.4 mcg Selenium; 111.3 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline. It is a good source of Dietary Fiber and Potassium.

BEEF AND EGG BREAKFAST MUGS

INGREDIENTS

- 1 batch *Basic Country Beef Breakfast Sausage*
- 1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini or green onion
- ½ cup shredded reduced-fat cheese such as Cheddar, Monterey Jack or American
- 8 large eggs
- Optional: salt and pepper

TOPPINGS (optional)

Sour cream, salsa, sriracha, ketchup

PREPARATION

- 1 Prepare *Basic Country Beef Breakfast Sausage*.

Basic Country Beef Breakfast Sausage: Combine 1 lb. Ground Beef (93% or leaner), 2 tsp. chopped fresh sage or ½ tsp. rubbed sage, 1 tsp. garlic powder, 1 tsp. onion powder, ½ tsp. salt and ¼-½ tsp. crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over MEDIUM heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally.
- 2 Remove skillet from heat; let cool 10 minutes, stirring occasionally. Evenly divide beef and vegetables into eight food-safe quart-size plastic bags. Close securely and refrigerate up to 4 days.
- 3 For each serving, spray one 6-12-oz. microwave-safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 Tbsp. water; whisk with fork. Stir in 1 bag refrigerated sausage-vegetable mixture.

Microwave, uncovered, on HIGH 30 seconds. Remove and stir. Continue to microwave on HIGH 30-60 seconds or until egg is just set. Stir. Top with cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with toppings, if desired.

Nutrition information per serving: 178 Calories; 81 Calories from fat; 9 g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat); 225 mg Cholesterol; 297 mg Sodium; 2 g Total Carbohydrate; 0.4 g Dietary Fiber; 21 g Protein; 2.3 mg Iron; 4.9 mg Niacin; 0.3 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 3.8 mg Zinc; 25.4 mcg Selenium; 188.6 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline. It is a good source of Iron.

COUNTRY-STYLE WAFFLE SANDWICH

INGREDIENTS

- 1 batch *Basic Country Beef Breakfast Sausage Patties*
- 2 eggs, slightly beaten
- 8 frozen waffles

TOPPINGS (optional)

Sliced cheese, spinach, avocado slices, hot sauce, salsa, sour cream, sliced peppers

PREPARATION

- 1 Prepare *Basic Country Beef Breakfast Sausage Patties*. Keep warm.

Basic Country Beef Breakfast Sausage Patties: Combine 1 lb. Ground Beef (93% or leaner), 2 tsp. chopped fresh sage or ½ tsp. rubbed sage, 1 tsp. garlic powder, 1 tsp. onion powder, ½ tsp. salt and ¼-½ tsp. crushed red pepper in large bowl, mixing lightly but thoroughly. Lightly shape sausage mixture into four ½-inch thick patties. Heat large nonstick skillet over MEDIUM heat until hot. Add patties; cook 10-12 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
- 2 Meanwhile, heat separate skillet over medium heat until hot. Add eggs; cook and stir until eggs are scrambled or prepare as omelet as desired. Toast frozen waffle according to package directions.
- 3 Top each of four waffles with a sausage patty. Divide eggs evenly among sandwiches. Top with remaining waffles. Garnish as desired.

Nutrition information per serving: 400 Calories; 126 Calories from fat; 14 g Total Fat (4.5 g Saturated Fat; 6.3 g Monounsaturated Fat); 175 mg Cholesterol; 870 mg Sodium; 34 g Total Carbohydrate; 0 g Dietary Fiber; 32 g Protein; 8 mg Iron; 32 mg Potassium; 7.5 mg Niacin; 1.1 mg Vitamin B₆; 4.5 mcg Vitamin B₆; 6.6 mg Zinc; 34 mcg Selenium; 169.8 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.

BEEF SAUSAGE & EGG MUFFIN CUPS

INGREDIENTS

- 1 batch *Basic Country Beef Breakfast Sausage*
- 1 can (4 ½ oz.) chopped green chilies, undrained
- ½ cup shredded reduced-fat Monterey Jack cheese
- 5 large eggs
- ¼ cup milk
- 1-2 tsp. regular or chipotle hot pepper sauce
- Optional: salt and pepper

TOPPINGS (optional)

Chopped green onion or chives, chopped tomato, salsa or additional hot sauce

PREPARATION

- 1 Preheat oven to 375°F. Spray 12-cup standard muffin pan with nonstick cooking spray.
- 2 Prepare *Basic Country Beef Breakfast Sausage*.

Basic Country Beef Breakfast Sausage: Combine 1 lb. Ground Beef (93% or leaner), 2 tsp. chopped fresh sage or ½ tsp. rubbed sage, 1 tsp. garlic powder, 1 tsp. onion powder, ½ tsp. salt and ¼-½ tsp. crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over MEDIUM heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally. Drain fat, if needed. Stir chilies and cheese into sausage mixture. Evenly divide mixture into prepared pan.
- 3 Whisk eggs, milk and hot sauce, as desired, in medium bowl. Evenly divide egg mixture over sausage mixture in muffin cups.

Bake in 375°F oven 17-20 minutes or until egg mixture is set and just beginning to brown. Let stand 2 minutes. Loosen edges; remove from muffin pan. Season with salt and pepper and garnish with toppings, as desired.

Nutrition information per serving, using 93% lean ground beef: 325 Calories; 153 Calories from fat; 17 g Total Fat (7 g Saturated Fat; 6 g Monounsaturated Fat); 317 mg Cholesterol; 433 mg Sodium; 4 g Total Carbohydrate; 0.8 g Dietary Fiber; 37 g Protein; 3.9 mg Iron; 7.9 mg NE Niacin; 0.5 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 6.8 mg Zinc; 37.6 mcg Selenium; 264.8 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.

GET UP AND GO BEEF BURRITOS

INGREDIENTS

- 1 lb. Beef Top Sirloin Steak Boneless, cut 1-inch thick
- ½ tsp. dried Mexican seasoning
- Salt (optional)
- 2 eggs, slightly beaten
- 2 egg whites, slightly beaten
- 2 Tbsp. water
- 4 medium spinach or flour tortillas (10-inch diameter), warmed
- ½ cup prepared thick-and-chunky salsa
- ½ cup shredded reduced-fat Cheddar cheese

TOPPINGS (optional)

Fat free sour cream, additional prepared thick-and-chunky salsa

PREPARATION

- 1 Cut beef steak in half, then across the grain into ¼-½-inch thick strips. Combine beef strips and Mexican seasoning in medium bowl; toss to coat.
- 2 Spray large nonstick skillet with cooking spray; heat over MEDIUM-HIGH heat until hot. Add ½ of beef; stir-fry 1-3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef. Season with salt, as desired; keep warm. Wipe out skillet using paper towels, if necessary.
- 3 Combine whole eggs, egg whites and water in small bowl. Spray same skillet with cooking spray; heat over MEDIUM-LOW heat until hot. Add egg mixture; cook and stir 1-2 minutes or until scrambled and just set.
- 4 Layer ¼ of beef on each tortilla, leaving 1 ½-inch border on right and left sides; top with 2 Tbsp. salsa, ¼ of eggs and 2 Tbsp. cheese. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up tightly. Serve with toppings, if desired.

Nutrition information per serving: 436 Calories; 126 Calories from fat; 14 g Total Fat (5 g Saturated Fat; 6 g Monounsaturated Fat); 157 mg Cholesterol; 958 mg Sodium; 40 g Total Carbohydrate; 1.7 g Dietary Fiber; 35 g Protein; 4.2 mg Iron; 8.6 mg Niacin; 0.5 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 5.2 mg Zinc; 54.9 mcg Selenium; 160.8 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.

ENGLISH MUFFIN CHEESEBURGER PIZZAS

INGREDIENTS

- 1 ½ lbs. Ground Beef (95% lean)
- 2 cups pasta sauce (any variety)
- 1 cup diced onion
- 1 cup diced red bell pepper
- 1 Tbsp. plus 1 tsp. dried Italian seasoning
- ¼ tsp. salt
- 6 English muffins, split, toasted
- ½ cup reduced-fat shredded Cheddar cheese
- ¼ cup reduced-fat shredded mozzarella cheese

PREPARATION

- 1 Preheat oven to 400°F. Heat large nonstick skillet over MEDIUM heat until hot. Add Ground Beef; cook 8-10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, onion, bell pepper, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, stirring occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
- 2 Top each muffin half evenly with beef mixture and cheeses. Bake at 400°F 5-7 minutes or until cheese is melted.

Nutrition information per serving: 407 Calories; 117 Calories from fat; 13 g Total Fat (5 g Saturated Fat; 3 g Monounsaturated Fat); 157 mg Cholesterol; 958 mg Sodium; 37 g Total Carbohydrate; 4.5 g Dietary Fiber; 35 g Protein; 4.9 mg Iron; 13.1 mg Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 6.8 mg Zinc; 20.2 mcg Selenium; 84.2 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Dietary Fiber and Choline.



PRO TIPS



- For even faster breakfast meals, swap the beef in these recipes for leftovers like pot roast, sliced steak, or taco meat.
- Cook up a batch of Beef Breakfast Sausage or ground beef to refrigerate or freeze for easy use on busy mornings.
- Include your favorite chopped veggies and a bowl of fruit for a well balanced meal!

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