



BEEF FOR BREAKFAST

Recipes to fuel your day



BEEF & EGG BREAKFAST MUGS



10
MINUTES

8
SERVINGS

6
INGREDIENTS

BEEF SAUSAGE SAVORY OATS

INGREDIENTS

- 1 batch [*Basic Country Beef Breakfast Sausage](#)
- 1½ 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 Cheddar cheese, shredded
- ¼ cup fresh chives, chopped

OPTIONAL TOPPINGS

- Chives, chopped
- Cheddar cheese, shredded

PREPARATION

- 1 Prepare Basic Country Style Beef Sausage. Keep warm.
Basic Country Style Beef Sausage Recipe: Combine 1 lb. Ground Beef (93% lean or leaner), 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 and 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 4 bowls. Garnish with chives and cheese, as desired.

Nutrition information per serving: 429 Calories; 138 Calories from fat; 15.3g 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 NE Niacin; 0.5 mcg 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 & EGG BREAKFAST MUGS

INGREDIENTS

- 1 batch [*Basic Country Beef Breakfast Sausage](#)
- 1 cup fresh vegetables, chopped (tomato, baby spinach, bell pepper, zucchini, or green onion)
- ½ cup reduced-fat cheese, shredded. (cheddar, American, or Monterey Jack)
- 8 large eggs

OPTIONAL

- Salt and pepper

PREPARATION

- 1 Prepare Basic Country Style Beef Sausage. Remove skillet from heat; let cool 10 minutes, stirring occasionally. Evenly divide beef and vegetables into 8 food-safe quart-size plastic bags. Close securely and refrigerate up to 4 days.
Basic Country Style Beef Sausage Recipe: Combine 1 lb. Ground Beef (93% lean or leaner), 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 For each serving, spray one 6-12 ounce 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.
- 3 Microwave, uncovered, on HIGH 30 seconds. Remove from microwave; 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.

Nutrition information per serving: 178 Calories; 81 Calories from fat; 9g 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 NE Niacin; 0.3 mcg 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, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline. It is a good source of Dietary Fiber, and Potassium.



COUNTRY-STYLE WAFFLE SANDWICH

25
MINUTES

4
SERVINGS

4
INGREDIENTS

INGREDIENTS

- 1 batch [*Basic Country Beef Breakfast Sausage](#)
- 2 eggs, slightly beaten
- 8 frozen waffles

OPTIONAL TOPPINGS

- Cheese, shredded
- Avocado, sliced
- Peppers, sliced
- Spinach
- Hot sauce
- Salsa
- Sour cream

PREPARATION

- 1 Prepare Basic Country Style Beef Sausage. Keep warm.
Basic Country Style Beef Sausage Recipe: Combine 1 lb. Ground Beef (93% lean or leaner), 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, 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.

Nutrition information per serving: 400 Calories; 126 Calories from fat; 14g 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 NE Niacin; 1.1 mg Vitamin B6; 4.5 mcg Vitamin B12; 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

50
MINUTES

6
SERVINGS

6
INGREDIENTS

INGREDIENTS

- 1 batch [*Basic Country Beef Breakfast Sausage](#)
- 1 can (4½ oz.) chopped green chiles, undrained
- ½ cup reduced-fat Monterey Jack cheese, shredded
- 5 large eggs
- ¼ cup reduced-fat milk
- 1-2 tsp. hot pepper sauce

OPTIONAL TOPPINGS

- Green onion, chopped
- Tomato, chopped
- Chives, chopped
- Salsa

PREPARATION

- 1 Preheat oven to 375°F. Coat 12-cup standard muffin pan with cooking spray. Prepare Basic Country Beef Breakfast Sausage. Stir chiles and cheese into sausage mixture. Evenly divide mixture into prepared muffin pan.
Basic Country Style Beef Sausage Recipe: Combine 1 lb. Ground Beef (93% lean or leaner), 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 Whisk eggs, milk, and hot sauce in medium bowl. Evenly divide egg mixture over sausage mixture in muffin cups.
- 3 Bake in 375°F oven 17-20 minutes or until egg mixture is set and just beginning to brown. Let stand 2 minutes. Remove from muffin pan. Season with salt and pepper and garnish with toppings, as desired.

Nutrition information per serving: ¼ of recipe: 220 Calories; 104.4 Calories from fat; 11.6g Total Fat (5 g Saturated Fat; 4.3 g Monounsaturated Fat); 218 mg Cholesterol; 451 mg Sodium; 31 g Total Carbohydrate; 0.9 g Dietary Fiber; 25.4 g Protein; 112.7 mg Calcium; 2.8 mg Iron; 343 mg Potassium; 0.4 mg Riboflavin; 4.2 mg NE Niacin; 0.4 mg Vitamin B6; 2.4 mcg Vitamin B12; 28.4 mg Phosphorus; 5.2 mg Zinc; 28.5 mcg Selenium; 188.8 mg Choline.

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



ENGLISH MUFFIN CHEESEBURGER PIZZAS

30
MINUTES

6
SERVINGS

9
INGREDIENTS

INGREDIENTS

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

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.
Cooking 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 for 5-7 minutes, or until cheese is melted.

Nutrition information per serving: 407 Calories; 117 Calories from fat; 13g Total Fat (5 g Saturated Fat; 3 g Monounsaturated Fat); 80 mg Cholesterol; 891 mg Sodium; 37 g Total Carbohydrate; 4.5 g Dietary Fiber; 35 g Protein; 4.9 mg Iron; 13.1 mg NE 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.



SHREDDED BEEF BREAKFAST TACOS

15
MINUTES

4
SERVINGS

3
INGREDIENTS

INGREDIENTS

- [*Slow Cooker Brisket Sofrito](#) (or other shredded beef)
- 4 eggs
- 4 flour tortillas

OPTIONAL TOPPINGS

- Salsa
- Cheese, shredded
- Cilantro, chopped
- Onion, diced

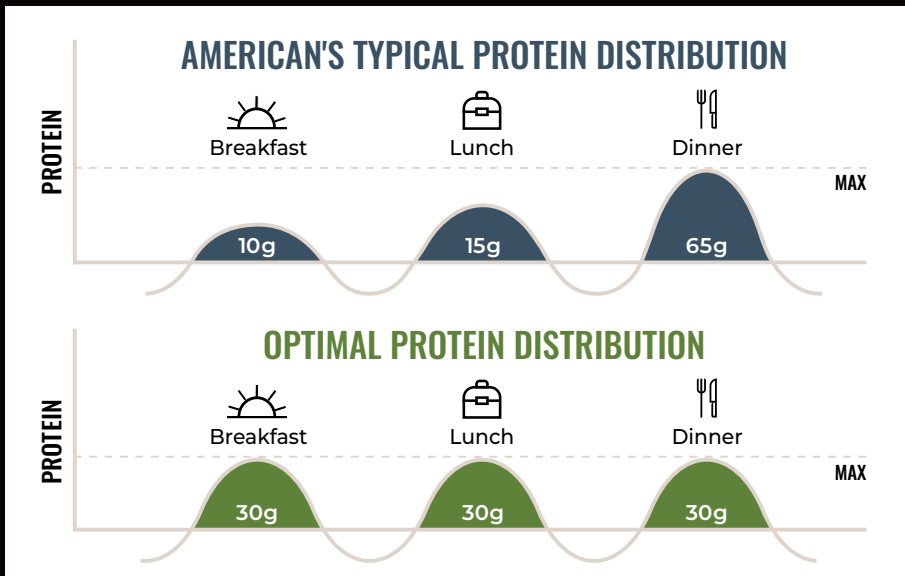
PREPARATION

- 1 Heat leftover Slow Cooker Brisket Sofrito (or other shredded beef). Keep warm.
Slow Cooker Brisket Sofrito Recipe: Season brisket on both sides with salt and pepper. Place onion and garlic in a 3½-5 quart slow cooker. Place brisket on onions and garlic, fat side up. Pour Sofrito over brisket and sprinkle chipotle chili over sauce. Cover and cook on LOW 9-10 hours or until brisket is fork tender. Carefully remove brisket from cooker with as little sauce as possible. Place on cutting board and cut into 3 pieces across the grain. Shred beef with 2 forks and return to cooker. Stir into sauce and season with salt and pepper (and a little more chipotle seasoning if you like it spicy).
- 2 Scramble eggs.
- 3 Fill tortillas with leftover beef, eggs, and desired toppings.

Nutrition information per serving: 390 Calories; 122 Calories from fat; 13.6 g Total Fat (4.6 g Saturated Fat; 4.8 g Monounsaturated Fat); 254.4 mg Cholesterol; 901.5 mg Sodium; 27.4 g Total Carbohydrate; 0.3 g Dietary Fiber; 36.3 g Protein; 3.9 mg Iron; 236.6mg Potassium; 0.1 mg Thiamin; 0.5 mg Riboflavin; 7.1 mg Niacin (NE); 0.3 mg Vitamin B6; 3.4 mcg Vitamin B12; 6.4 mg Zinc; 27.1 mcg Selenium; 229.2 mg Choline.

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

RETHINK PROTEIN Aim for 25-30 grams of protein at all 3 meals.



Leidy HJ, Clifton PM, Astrup A, Wycherley TP, Westertep-Plantenga MS, Luscombe-Marsh ND, et al. The role of protein in weight loss and maintenance. American Journal of Clinical Nutrition. 2015;101:1320S-9S.



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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