

#loveCDNrecipes

Preparation: 10 mins
Cooking: 25 mins
Ready in: 35 mins
Serves: 10

Big Batch Beef

Ingredients

- 4 lb (2 kg) Extra-Lean or Lean Ground Beef
- 4 EACH cooking onions and cloves garlic, minced

Directions

1. Cook ground beef in Dutch oven over medium-high heat for 8 to 10 minutes, breaking into chunks with wooden spoon while cooking, until meat reaches temperature of 160°F (71°C) throughout when tested with a digital instant-read thermometer. Drain, and return to pot. Add onion and garlic simmer for 12 to 15 minutes until vegetables are softened.
2. Spread mixture in a single layer on several foil or parchment paper-lined baking trays; freeze just until meat is firm, about 1 hour.
3. Loosen beef mixture into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months.



Shopping List

Meat

- 4 lb Extra-Lean or Lean Ground Beef

Produce

- 4 onions
- 4 garlic cloves

Notes:

Always label freezer bags with what is inside and the date the food was packaged.

Remember to check your pantry and refrigerator before you go shopping!