



Culinary Practice Recipe

Prep 5 mins
Cook 15 mins
Yields 4 servings



Speedy Beef Sloppy Joes

Prepare Ingredients

2 cups (500 mL)
frozen **Big Batch Beef**
1 can (7.5 fl oz/213 mL)
pizza sauce
1½ cups (375
mL) frozen mixed
vegetables
2 tsp (10 mL)
Worcestershire sauce
4 hamburger buns
or **speedy baked**
potatoes

Cook

Combine frozen **Big Batch Beef**, pizza sauce, frozen vegetables, Worcestershire sauce and 1/4 cup (50 mL) water in large heavy saucepan.

Cover and simmer cook over medium heat, stirring occasionally, until hot, about 10 to 15 minutes. Use to top 4 toasted hamburger buns or baked potatoes.

Big Batch Beef

Cook 4 lb (2 kg) lean or extra lean ground beef in **Dutch oven** over medium-high heat for 10 minutes, breaking into small chunks with back of spoon, until browned. Drain, and return to pot.

Add 4 each onion and cloves garlic, minced, simmer for 15 minutes until vegetables are softened. Spread in a single layer on several foil or parchment paper-lined baking trays; freeze until meat is just firm, about 1 hour. Loosen into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months.



Safe meat handling and storage

is important to consider when cooking, freezing and storing beef properly. Ground beef can be bought in value-priced bulk packs and precooked and frozen for quick meals.

- Refrigerate ground beef within 1 to 2 hours of purchase.
- Refrigerate at 40°F (4°C) or lower, on bottom shelf to avoid dripping onto other foods.
- Thaw in the fridge, allowing 12 to 15 hours per pound or thaw in the microwave, cooking immediately after thawing.
- Wash your hands with soap and water before and after handling raw meat.
- Use separate dishes and utensils for raw meat, cooked meat and other foods. Use clean utensils and plates when switching between cooked or raw ground beef.



Find more storage and cooking tips for quick beef meals from **Canada Beef** in *Top 5 Beef Tips to Help You Save Time and Money* at <https://canadabeef.ca/makeitbeef/top-5-beef-tips-to-help-you-save-money-and-time/>.



Watch a video that demonstrates how to skillet fry ground beef at <https://canadabeef.ca/ground-beef-know-how/>.



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Speedy Baked Potatoes

Pierce 4 large scrubbed potatoes all over with a fork. Microwave-bake for 7 to 8 minutes on high power; removed from microwave, wrap potatoes in foil and let stand 5 minutes to complete cooking.



How should you apply the four basic safety practices for handling meat in this recipe?



How could you use Big Batch Beef in other recipes?



Use the food processor to mince the onions and garlic in a snap. Pulse quartered onions and peeled garlic cloves a few times to mince.

Big Batch Beef can easily be adjusted in recipes for one to many servings! For a single serving in this recipe, just divide ingredients by four: 1/2 cup Big Batch Beef, 1/4 can of the pizza sauce, 1/3 cup frozen veggies, 1/2 tsp Worcestershire and a tablespoon of water.

Nutrition Facts

per serving

Amount

Calories 382

Protein 26 g

Fat 12 g

Carbohydrate 41 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/speedy-beef-sloppy-joes/>