



Welcome to Your New Ground Beef Recipe Book

Simple. Satisfying. Surprisingly bold.

We created this collection of easy weeknight recipes for you, featuring one of our all-time best sellers: ground beef. At Carson Valley Meats, we know that nothing beats a home-cooked meal made with honest ingredients, and that weeknights shouldn't mean sacrificing flavor or time.

Whether you're cooking for a busy family or just need inspiration for your next meal, ground beef is a kitchen hero—quick to prepare, budget-friendly, and endlessly versatile. These recipes are designed to help you get dinner on the table fast while bringing something fresh and exciting to your plate.

And don't forget, beef is naturally rich in protein, iron, zinc, and B vitamins, making it a powerful part of a balanced diet. When you start with high-quality, locally raised beef like ours, you're fueling your body with real nourishment you can feel good about.

So go ahead: challenge your palate, try something new, and rediscover how delicious easy can be.

Here's to full plates, full hearts, and flavorful meals,

The Carson Valley Meats Team

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Spaghetti alla Piccante con Beef & Olives

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 12 oz spaghetti (or pasta of choice)
- 2 tbsp olive oil
- 1 small yellow onion, finely chopped
- 4 cloves garlic, minced
- 1/2 tsp red pepper flakes (adjust to taste)
- 1 tsp smoked paprika
- 1/2 tsp dried oregano
- 2 tbsp tomato paste
- 1 (14.5 oz) can crushed tomatoes
- 1/2 cup green or Kalamata olives, sliced
- 1/2 cup beef or chicken broth (optional, for more sauciness)
- Salt and black pepper to taste
- Fresh parsley or basil for garnish
- Freshly grated Parmesan (optional)



Method

1. Cook pasta according to package instructions. Reserve 1/2 cup of pasta water, then drain and set aside.
2. In a large skillet or Dutch oven, heat olive oil over medium heat. Add chopped onion and cook for 3–4 minutes until softened.
3. Add garlic and red pepper flakes. Stir for 30 seconds until fragrant.
4. Add ground beef. Cook until browned and crumbly. Drain excess fat if needed.
5. Stir in smoked paprika, oregano, tomato paste, and crushed tomatoes. Cook for 2–3 minutes to blend flavors.
6. Add olives and broth (if using). Simmer sauce for 10 minutes, stirring occasionally.
7. Taste and season with salt and pepper.
8. Toss in cooked spaghetti and a splash of reserved pasta water until evenly coated and silky.
9. Serve hot, topped with herbs and grated Parmesan if desired.



Ground Beef Curry Stir Fry

Serves 4

Ingredients:

1 lb.

- [Sinclair Family Farm \(SFF\) ground beef](#)
- 1 tbsp olive oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp red curry paste (or yellow for milder flavor)
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1/2 cup coconut milk
- 2 tsp soy sauce
- Salt and pepper to taste
- Fresh cilantro and lime wedges for garnish



Method:

1. Heat olive oil in a large skillet over medium heat. Add onion, garlic, and ginger. Cook for 2–3 minutes until fragrant.
2. Add ground beef and cook until browned. Drain excess fat.
3. Stir in curry paste and cook for 1 minute.
4. Add bell pepper and zucchini. Cook for 5 minutes until vegetables are tender.
5. Pour in coconut milk and soy sauce. Simmer for 3–5 minutes.
6. Season to taste. Garnish with cilantro and lime wedges. Serve with jasmine rice or cauliflower rice.



Beef Kofta Pita Wraps

Serves 4

Ingredients:

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1 small onion, grated
- 2 cloves garlic, minced
- 2 tbsp chopped parsley
- 1 tbsp ground cumin
- 1 tsp coriander
- 1 tsp paprika
- 1/2 tsp cinnamon
- Salt and pepper
- Pita bread or flatbreads
- Toppings: sliced tomato, cucumber, red onion, sliced olives, feta cheese, tzatziki or hummus



Method:

1. In a bowl, mix ground beef with onion, garlic, and spices. Form into small logs or patties.
2. Grill or pan-fry over medium heat until fully cooked, about 8–10 minutes.
3. Warm pita bread. Fill with kofta, fresh toppings, and a dollop of tzatziki or hummus.
4. Serve with a side of herbed couscous or chopped salad.



Ground Beef & Sweet Potato Hash

Serves 4

Ingredients:

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 2 medium sweet potatoes, peeled and diced
- 1 small onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp cumin
- Salt and pepper
- 1 tbsp olive oil
- Optional: fried egg and fresh parsley for topping



Method:

1. In a large skillet, heat olive oil. Add sweet potatoes and cook for 5–7 minutes until slightly softened.
2. Add onion and bell pepper. Sauté for another 3 minutes.
3. Push veggies to the side, add ground beef. Cook until browned.
4. Stir in garlic, paprika, cumin, salt, and pepper. Cook everything together until sweet potatoes are fork-tender.
5. Top with a fried egg and parsley if desired.



Stuffed Bell Peppers

Serves 4

Ingredients

- 4 large bell peppers
- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1/2 cup cooked rice
- 1/2 cup diced tomatoes
- 1/2 cup shredded cheese
- 1 tsp Italian seasoning
- Salt and pepper to taste



Method

1. Preheat oven to 375°F .
2. Cut tops off bell peppers and remove seeds.
3. In a bowl, combine ground beef, rice, tomatoes, cheese, seasoning, salt, and pepper.
4. Stuff mixture into bell peppers and place in a baking dish.
5. Cover with foil and bake for 30 minutes.
6. Remove the foil and bake another 10 minutes.



Beef and Veggie Skillet

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1 zucchini, diced
- 1 cup corn kernels
- 1 red bell pepper, chopped
- 1/2 cup onion, chopped
- 1 tsp garlic powder
- Salt and pepper to taste



Method

1. Heat a large skillet over medium heat.
2. Cook ground beef until browned; drain excess fat.
3. Add onion, zucchini, corn, and bell pepper
4. Sprinkle with garlic powder, salt, and pepper. Cook until vegetables are tender, about 8-10 minutes.
5. Delicious over rice or served in warmed corn tortillas



Asian Lettuce Wraps

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1/2 cup water chestnuts, chopped
- 1 head butter lettuce



Optional toppings:

- shredded red cabbage
- julienned carrots
- sliced scallions
- chopped cashews or peanuts

Method

1. In a skillet, cook ground beef with onion and garlic until browned.
2. Stir in hoisin, soy sauce, sesame oil, and water chestnuts.
3. Cook for another 3-4 minutes.
4. Place a generous amount of the cooked filling in the center of each lettuce leaf.

Tips on lettuce cups:

- Boston or butter lettuce are ideal because their leaves are the perfect size and shape for wrapping.
- Separate and wash the leaves: Carefully peel away each lettuce leaf and wash them thoroughly.
- Pat dry with paper towels to be sure the lettuce leaves are as dry as possible to prevent the wraps from getting soggy.



Mediterranean Ground Beef Bowls

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1 tsp cumin
- 1/2 tsp cinnamon
- 1/2 tsp paprika
- 2 cups cooked couscous, divided
- 1/2 cup diced cucumber
- 1/2 cup cherry tomatoes, halved
- 1/4 cup feta cheese
- Tzatziki sauce



Method

1. Cook ground beef with cumin, cinnamon, and paprika until browned.
2. Divide couscous among bowls and top with beef.
3. Add cucumber, tomatoes, feta, and drizzle with tzatziki.



Thai Basil Ground Beef Stir Fry

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 4 cloves garlic, minced
- 2 shallots sliced
- 1 or 2 Thai chilies, minced (optional)
- 2 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp oyster sauce
- 1 tsp sugar
- 1 bunch Thai basil
- 2 cups cooked jasmine rice



Method

1. Heat a large skillet or wok over medium-high heat.
2. Add garlic, shallots, and chilies, sauté until fragrant.
3. Add ground beef and cook until browned.
4. Stir in soy sauce, fish sauce, oyster sauce, and sugar.
5. Add Thai basil and stir until wilted.
6. Serve over jasmine rice.



Shepherd's Pie

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1 small onion, chopped
- 1 cup frozen peas and carrots
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1/2 cup beef broth
- 3 cups mashed potatoes
- Salt and pepper to taste



Method

1. Preheat oven to 375°F.
2. Cook ground beef and onion in a skillet until browned.
3. Stir in tomato paste, Worcestershire sauce, beef broth, peas and carrots.
4. Simmer for 5 minutes; season with salt and pepper.
5. Spread into a baking dish and top with mashed potatoes.
6. Bake for 20-25 minutes until golden and bubbling.



Beef-Stuffed Acorn Squash

Serves 4

Ingredients

- 2 acorn squash, halved and seeds removed
- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 1 small onion, chopped
- 1 celery stalk, diced
- 1 apple, peeled and diced
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- Salt and pepper to taste
- 1/4 cup breadcrumbs (optional)



Method

1. Preheat oven to 400°F.
2. Place squash halves cut-side down on a baking sheet and roast for 25 minutes.
3. In a skillet, cook ground beef, onion, celery, and apple until beef is browned.
4. Add cinnamon, nutmeg, salt, and pepper; stir in breadcrumbs if using.
5. Turn squash halves cut-side up, stuff with beef mixture.
6. Bake for another 15-20 minutes until squash is fork-tender and stuffing is browned.



Korean Ground Beef Bowl

Serves 4

Ingredients

- 1 lb. [Sinclair Family Farm \(SFF\) ground beef](#)
- 3 cloves garlic, minced
- 1-inch piece of fresh ginger, grated (or 1 tsp ground ginger)
- 1/4 cup low-sodium soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon sesame oil
- 1/2 teaspoon crushed red pepper flakes (optional for heat)
- 4 green onions, sliced (separate whites and greens)
- 1 tablespoon sesame seeds (optional)
- Cooked white rice, for serving
- Steamed broccoli or shredded carrots, for serving (optional)



Method

1. In a large skillet over medium-high heat, brown the ground beef until fully cooked, breaking it into crumbles. Drain excess fat.
2. Add garlic, ginger, and white parts of the green onion. Cook for 1 minute, until fragrant.
3. In a small bowl, whisk together soy sauce, brown sugar, sesame oil, and red pepper flakes. Pour over the beef mixture and stir to combine. Simmer for 2–3 minutes to allow flavors to meld.
4. Spoon over warm rice and top with green onions, sesame seeds, and optional veggies.

