



Ranch-Style Spaghetti with Ground Beef

Serves: 4

Cook Time: 30 minutes

Ingredients

- ½ lb ground beef
- 1 jar spaghetti sauce
- Salt & pepper
- 1 small onion, chopped (optional)
- 1 clove garlic, minced (optional)
- Splash of water, broth, or red wine
- Cooked pasta
- Grated Parmesan or mozzarella

Instructions

1. Brown ground beef in a skillet over medium heat. Season with salt and pepper.
2. Add onion and garlic if using; cook until fragrant.
3. Pour in spaghetti sauce and add a splash of liquid to loosen.
4. Reduce heat and simmer 20 minutes, stirring occasionally.
5. Serve over cooked pasta and top with cheese.

Ranch Tip

Simmering beef into sauce spreads flavor throughout the dish, so you don't need a lot of meat to make a hearty meal.

Protein Note (per person):

~23–26g protein (beef + pasta + cheese)





Weeknight Beef Tacos or Burrito Bowls

Flavor does the heavy lifting

Serves: 4

Cook Time: 20 minutes

Ingredients

- 1/4 lb ground beef
- Taco seasoning (store-bought or homemade)
- 1 cup cooked beans (black or pinto)
- Cooked rice
- Shredded cheese
- Optional toppings: lettuce, salsa, sour cream, cooked corn, sliced olives, avocado or guacamole, crushed tortilla chips, limes for squeezing

Instructions

1. Brown ground beef in a skillet over medium heat.
2. Add taco seasoning and a splash of water; simmer 5 minutes.
3. Warm beans and rice.
4. Assemble tacos or bowls with beef, beans, rice, cheese, and toppings.

Ranch Tip

Beans bring protein and fiber that help everyone feel full, while beef adds richness and flavor.

Protein Note (per person):

~22–26g protein (beef + beans + cheese + rice)





Winter Beef & Bean Soup (or Skillet)

A small amount of beef, big nourishment

Serves: 4

Cook Time: 30–40 minutes

Ingredients

- 1/4 lb ground beef
- 1 cup cooked beans **or** 1 cup cooked lentils
- 4 cups broth (beef or chicken)
- 1–2 cups chopped vegetables (onion, carrot, celery, potato)
- Salt & pepper and your favorite seasonings (we like taco seasoning and cumin!)
- Optional: herbs, garlic, cheese for topping

Instructions

1. Brown ground beef in a pot over medium heat.
2. Add vegetables and cook until slightly softened.
3. Stir in beans or lentils and broth.
4. Simmer 20–30 minutes. Season to taste.
5. Serve with bread or top with a little cheese.

Ranch Tip

Soup stretches ingredients without sacrificing nutrition — it's winter food for a reason.

Protein Note (per person):

~20–30g protein (beef + beans/lentils)

