

STRETCHED GROUND BEEF MEAL PLAN

Day 1: Cheeseburger Helper // Steamed Green Beans & Carrots

Day 2: Taco Salads // Spicy Citrus Black Beans

Day 3: Loaded Veggie Chili // Cornbread // Side Salad + Ranch Dressing

Day 4: Fajita Tacos // Homemade Tortillas

Day 5: Chili-Topped Baked Potatoes // Roasted Broccoli // Side Salad + Ranch Dressing

Day 6: Shepherd's Pie

Day 7: Egg Roll in a Bowl

Day 8: Korean Ground Beef Rice Bowls // Steamed Broccoli & Cauliflower

SHOPPING LIST

Cold Case

butter	17 tbsp	shredded cheese	5.50 cups
butter (optional)	2 tbsp	shredded cheese (optional)	1 cup
butter OR bacon grease	2 tbsp	sour cream	2 cups
egg	1	sour cream (optional)	1 cup
milk	2.50 cups + 1 tsp		

Frozen

orange juice concentrate	2 tbsp
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Meat

ground beef	2 lbs
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Pantry

all-purpose flour	0.50 cup	cooked rice or quinoa	2 cups
apple cider vinegar*	3 tbsp	corn meal	1 cup
baking soda	1 tbsp + 0.5 tsp	flour (any)	3 cups + 2 tbsp
brown sugar	0.25 cup	green or brown lentils	1.50 cups
can black beans*	3 (15 oz)	mayo*	1 cup
can chipotle pepper sauce	1 tbsp	mayo* (optional)	0.25 cup
can diced tomatoes	3 (15 oz)	olive oil	12 tbsp
can kidney beans*	1 (15 oz)	red wine vinegar	1 tbsp
can tomato sauce	1 (29 oz)	rice wine vinegar	1 tbsp
chicken stock or broth*	2.50 cups	salsa*	2 cups
cocoa powder	2 tsp	sesame oil	2 tbsp + 2 tsp
coconut aminos (or soy sauce or liquid aminos)	8 tbsp	small pasta (macaroni, shells, elbows, etc.)	2 cups
coconut cream	1 tbsp	sriracha (!) (optional)	1 tsp
coconut oil	6 tbsp	tortilla chips (optional)	1 bag

Produce

avocado	4	green leaf lettuce	0.50 head
bag coleslaw	1 (16 oz) + 2 (10 oz)	green onions (optional)	0.75 cup
bell pepper, green	2	iceberg lettuce	1.50 head
bell pepper, red	1	jalapeno	1
broccoli	3 heads	lime	0.5
carrot	8 + 1 lb	mushrooms	20 oz
cauliflower	1 head	onion	8
celery	8 stalks + 0.5 cup	red onion	1
cherry tomatoes	1 pt	russet potato	6
cilantro	0.50 bunch	shredded carrots	1 (10 oz)
cilantro (optional)	0.25 bunch	sweet potato	1
cucumber	1	tomato	2
garlic	10 cloves	yellow onion	1
green beans	1 lb		

Spices

cayenne (!)	1 tsp	oregano	1.50 tbsp
chili powder	2 tbsp	pepper	3 tsp
cinnamon	0.25 tsp	pepper (optional)	0.25 tsp
cumin	2.50 tsp	red pepper flakes (!)	0.25 tsp
dill	1 tsp	sage	1 tsp
dried basil	1 tsp	salt	11.50 tsp
dried parsley	2 tbsp	salt (optional)	0.50 tsp
dry minced onion	5 tbsp	taco seasoning*	2 tbsp
garlic powder	4 tsp + 1 tbsp	thyme	1 tsp
ground ginger	2.25 tsp		

* *These items can be made from scratch to help reduce costs. The links to recipes can be found [HERE](#).*

Here's how to stretch your two pounds of ground beef:

1. Follow the recipe below for Stretched Ground Beef (based on my [Best Ground Beef Taco Meat](#)).
2. We're adding lots of veggies so you can make it easy on yourself and buy a bag of coleslaw mix for the cabbage.
3. Also, you're adding 4 cups of cooked green or brown lentils. Make sure to cook these ahead of time so they are ready to go when you're making this recipe. Gently fold these into the mixture at the very end.
4. Measure two cup portions of this stretched ground beef into storage containers or plastic freezer bags (or containers of your choice).
5. Remember that we didn't season this meat, so you'll want to add salt, pepper and/or appropriate seasonings to your dinner recipes, as needed.

LARGE BATCH STRETCHED GROUND BEEF RECIPE

INGREDIENTS

- 1 ½ cups green or brown lentils
- 2 ¼ cups water
- 2 Tbsp olive oil
- 2 onions, finely diced
- 6 stalks celery, finely diced
- 8 oz mushrooms, finely diced
- 4 carrots, finely diced
- 1 (16 oz) bag coleslaw, finely shredded
- 2 lbs ground beef

INSTRUCTIONS

COOK THE LENTILS

1. Combine the lentils and water in the pot of an Instant Pot. Seal the valve, set the pressure to "high" and cook for one minute. Use QPR to release the pressure. Drain immediately and give them a quick rinse under cool water to stop the cooking process. Set aside.

COOK THE VEGGIES AND BEEF

2. In a large heavy bottom skillet, warm olive oil over medium heat. Add onions, celery, mushrooms, carrots, and cabbage and cook, stirring occasionally, until the onions are translucent.
3. Add the ground beef. Break up the beef using a wooden spoon and stir until everything is mixed well.

4. Cook the ground beef on medium heat until it's no longer pink. Turn up heat if water is not evaporating. Be sure to watch and stir so it doesn't burn.
5. Fold in the cooked lentils.
6. Divide into EIGHT 2-cup portions to use throughout this meal plan.
7. If you have any extra, reserve to "beef up" any meals throughout the week.

DAY 1: CHEESEBURGER HELPER

INGREDIENTS

- 1 (29 oz) can tomato sauce
- 2 Tbsp taco seasoning
- 1 (15 oz) can diced tomatoes
- 2 cups small pasta (i.e. macaroni or shells)
- 1 (2-cup) portion of stretched ground beef
- 1 ½ cups shredded cheddar cheese, divided

INSTRUCTIONS

1. Bring all ingredients, minus the stretched ground beef and cheese, to a simmer.
2. Cook the pasta until al dente, stirring as needed to ensure noodles are mostly submerged in the liquid.
3. Add the stretched ground beef and warm through. Remove from the heat and stir in 1 cup of shredded cheese.
4. Serve immediately with steamed peas and carrots and sprinkle with additional cheese as desired.

STEAMED GREEN BEANS & CARROTS

INGREDIENTS

- 1 lb green beans
- 1 lb carrots
- 2 Tbsp butter
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Wash the green beans and carrots. Remove stems from green beans. Peel and cut the carrots into rounds.
2. Place green beans and carrots into steamer basket and put into sauce pan with water. Boil water to steam the vegetables and cook until tender, about 8-10 minutes.
3. Remove from steamer, dump water, and place back into sauce pan. Add butter, salt, and pepper.

DAY 2: TACO SALADS

INGREDIENTS

- 1 (2-cup) portion of stretched ground beef
- 1 head iceberg lettuce, shredded

Toppings (about ¼ cup per person)

- 1 cup shredded cheese
- ½ onion, diced
- 1 tomatoes, chopped
- 1 cup salsa
- 1 cup sour cream
- 2 avocados, diced
- ¼ bunch cilantro, diced
- 1 bag tortilla chips

INSTRUCTIONS

1. Warm stretched ground beef in a small skillet or microwave.
2. Chop or shred lettuce in to desired salad size pieces and divide into serving bowls.
3. Top with warmed stretched ground beef.
4. Add desired toppings. Serve with tortilla chips.

*** *Time saving tip: double up your toppings and save half for Day 4 Fajita Tacos.*

*** *Serve with Spicy Citrus Black Beans on top or to the side.*

SPICY CITRUS BLACK BEANS

INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, finely diced
- 1 jalapeno, finely diced
- 1 Tbsp chili powder
- 1 Tbsp can chipotle pepper sauce
- 1 ½ Tbsp oregano
- 1 ½ tsp cumin
- 1 ½ tsp garlic powder
- 1 tsp sage
- 1 tsp salt
- 2 (15 oz) cans black beans, drained and rinsed
- 2 cups water
- 2 Tbsp orange juice concentrate, frozen
- ½ lime, juiced
- 1 Tbsp rice wine vinegar

INSTRUCTION

1. Warm the olive oil over medium heat in a medium sized stock pot.
2. Add the onion and jalapeno and cook until the onions are translucent, about 5 minutes. Add the spices and beans and 1 ½ cups water and bring to a boil.
3. Stir and turn the heat down to a simmer and let the beans cook for about 45-60 minutes, stirring occasionally and adding the remaining ½ cup of water if the mixture becomes too thick.
4. Turn off the heat and add the orange juice, lime juice and vinegar and stir well.

**** Serve on top of or beside taco salad. Reserve any leftover for Day 4 Fajita Tacos.*

DAY 3: LOADED VEGGIE CHILI

INGREDIENTS

- 1 Tbsp olive oil
- 1 red onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 sweet potato, peeled and cut into 1/2-inch cubes
- ½ tsp salt
- ¼ tsp pepper
- 4 cloves garlic, minced
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp cayenne pepper
- 2 tsp unsweetened cocoa powder
- ¼ tsp ground cinnamon
- 2 (15 oz) cans diced tomatoes, with their juices
- 1 (15 oz) can black beans, rinsed and drained
- 1 (15 oz) can kidney beans, rinsed and drained
- 2 cups chicken stock
- 2 (2-cup) portions stretched ground beef

TOPPINGS (OPTIONAL)

- *1 cup sour cream (optional)*
- *1 cup shredded cheese (optional)*
- *½ cup green onions (optional), thinly sliced*
- *¼ bunch cilantro (optional), chopped*

INSTRUCTIONS

1. Warm the olive oil in a large stock pot on medium heat. Add the onions, peppers and sweet potatoes and a sprinkle of salt and pepper. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes.
2. Reduce the heat to medium-low. Add the garlic, spices, tomatoes, beans, and chicken stock and stir. Bring the mixture to a gentle simmer. Cover and cook, stirring occasionally, until the sweet potatoes are tender and the chili has reduced to a heartier consistency, about 45 minutes to 1 hour.
3. Add stretched ground beef and stir until warmed through.
4. Season chili with salt and pepper to taste. Divide the chili into individual bowls, garnish as desired and serve.

*** Reserve 2 cups or more of chili for Chili-Topped Baked Potatoes.

CAST IRON SKILLET CORNBREAD

INGREDIENTS

- 1 cup corn meal
- ½ cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking soda
- 2 Tbsp apple cider vinegar
- 1½ cups milk
- 1 egg
- ½ tsp baking soda
- ¼ cup butter, melted
- 2 Tbsp butter OR bacon grease

INSTRUCTIONS

1. Preheat the oven to 450F. In a large glass measuring cup, measure apple cider vinegar. Add milk until you reach 1½ cups of liquid total. Whisk together and set aside.
2. In a large bowl, combine all dry ingredients and whisk together (you can use the same whisk). Set aside.
3. When the oven is preheated, melt 2 Tbsp butter in a 12" cast iron skillet over medium heat. Meanwhile, add the egg to the milk and whisk together. Add the baking soda to the milk and whisk to incorporate.
4. Carefully add wet ingredients to dry ingredients and incorporate well using a spatula, taking care not to over-stir. The batter may be lumpy.
5. When the skillet is hot and the fat is sizzling, add the melted butter to the batter while stirring, and then immediately add the batter to the skillet.
6. Set the timer for 1 minute and let the batter cook. The edges will get brown and crispy - you want this!
7. When the timer beeps, place the entire skillet in the oven and bake for 20 minutes. Allow the cornbread to cool slightly before serving. Serve warm with lots of butter!

SIDE SALAD

INGREDIENTS

- ½ head green leaf lettuce
- ½ head iceberg lettuce
- 1 cucumber, sliced
- 1 pint cherry tomatoes, halved

INSTRUCTIONS

1. Cut lettuce into bite sized pieces and add to a large salad bowl.
2. Slice cucumber and tomatoes, if desired, and add to salad bowl.

*** *Reserve half of salad for Day 5.*

HOMEMADE RANCH DRESSING

INGREDIENTS

DRY RANCH SEASONING

- 5 Tbsp dry minced onion
- 2 Tbsp dried parsley
- 1 Tbsp garlic powder
- 4 tsp salt
- 1 tsp dill
- 1 tsp thyme
- 1 tsp dried basil

TO MAKE THE DRESSING

- 1 cup mayo
- 1 Tbsp red wine vinegar
- 1 Tbsp coconut cream
- 1-3 tsp milk dairy or non-dairy

INSTRUCTIONS

1. Prepare the dry ranch seasoning mix by combining all the dry spices in a mason jar. Shake well.
2. Measure 2 Tbsp of the dry ranch seasoning mix into another jar.
3. Add the mayo, red wine vinegar, and coconut cream and stir well. Thin by adding milk 1 tsp at a time and stirring well after each addition.
4. Store the seasoning mix in the spice cabinet and the dressing in the fridge!

*** *Reserve half the dressing for Day 5.*

DAY 4: FAJITA TACOS

INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, sliced
- 1 green bell pepper, sliced
- 4 oz mushrooms
- 1 (2-cup portion) stretched ground beef

Toppings (possibly reserved from Day 2)

- 1 cup shredded cheese
- ½ onion, diced
- 1 tomatoes, chopped
- 1 cup salsa
- 1 cup sour cream
- 2 avocados, diced
- ¼ bunch cilantro, diced
- Leftover Spicy Citrus Black Beans (if available)

INSTRUCTIONS

1. In large skillet, sauté onions, bell pepper, and mushrooms in olive oil until vegetables are tender. Set aside.
2. In same skillet, add stretched ground beef and warm through.
3. Serve in tortillas.

*** *Serve with leftover Spicy Citrus Black Beans from Day 2, if available.*

HOMEMADE TORTILLAS

INGREDIENTS

- 3 cups flour (any)
- 1 tsp salt
- 1 cup water, slightly warm
- 5 Tbsp coconut oil, can sub butter or lard

INSTRUCTIONS

1. Mix the flour and salt together in a large mixing bowl.
2. Cut in the fat until the mixture resembles coarse breadcrumbs.
3. Add the water and knead the dough against the sides of the bowl a few times until it is smooth.
4. Divide the dough into 20 equal pieces, rolling each into a ball. (I weigh the dough into 1 oz portions to ensure they're all even, but weighing is not necessary.)
5. Allow the dough to rest for at least 10 minutes, or up to 2 hours.
6. Preheat a griddle, cast iron skillet or oven to 400F.
7. Working with one ball at a time, dust your working surface and roll the ball into an approximate 6" circle. Rotate and flip the dough and add additional flour as necessary to prevent sticking.
8. When the griddle/skillet is hot, lay a tortilla across and cook for 30 seconds. Flip the tortilla over and cook for another 15 to 30 seconds. Repeat with the remaining balls of dough. Stack the cooked tortillas and wrap in a clean kitchen towel. Serve warm.

DAY 5: CHILI-TOPPED BAKED POTATOES

INGREDIENTS

- 6 russet potatoes, washed and scrubbed
- 1 tsp salt
- 4 Tbsp olive oil
- 2 cups reserved chili
- leftover taco toppings

INSTRUCTIONS

1. Preheat the oven to 425F.
2. Wash and poke the potatoes. Season with salt (olive oil is optional).
3. Wrap the potatoes in aluminum foil and place directly on a baking rack. Bake for 45-60 minutes, or until a fork is easily inserted to the middle of the potato.
4. When potatoes are almost finished, warm reserved chili in a medium saucepan.
5. Serve baked potatoes topped with chili and any leftover taco toppings.

*** *Reserve two baked potatoes for Day 6 Shepherd's Pie.*

EASY ROASTED BROCCOLI

INGREDIENTS

- 2 heads broccoli, large
- 1 Tbsp olive oil
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Preheat oven to 400F.
2. Wash and dry the broccoli. Cut the heads into florets, keeping as much stem as possible attached.
3. Spread the broccoli into a single layer on a baking sheet.
4. Drizzle evenly with olive oil.
5. Season with salt and pepper and additional spices as desired.
6. Roast in the oven until the broccoli florets start to char, about 15-20 minutes.

**** Serve meal with reserved Side Salad and Homemade Ranch Dressing.*

DAY 6: SHEPHERD'S PIE

INGREDIENTS

For the Mashed Potatoes:

- 2 reserved baked potatoes, roughly chopped
- 8 Tbsp butter
- ½-1 cup milk
- ½ tsp salt
- ¼ tsp pepper

For the Meat and Vegetable Mixture:

- 2 Tbsp butter
- 1 cup yellow onion, chopped
- 3 cloves garlic, minced or pressed
- ½ cup celery, chopped
- 2 carrots, peeled and sliced into rounds
- 1 (2-cup) portion stretched ground beef
- ½ cup chicken stock
- 2-4 Tbsp flour (I like more for a thicker, gravy-like consistency)
- 2 cups shredded cheese
- ½ tsp salt
- ¼ tsp pepper, to taste

INSTRUCTIONS

1. Preheat oven to 350F degrees.

For the Mashed Potatoes:

2. Place baked potatoes, butter, and milk in a large pot.
3. Heat until warmed through. Mash potatoes with an electric mixer or by hand.
4. Season with sea salt and black pepper to taste.

For the Meat and Vegetable Mixture:

5. Melt butter in a large saucepan. Add garlic, onion, celery, and carrot and sauté, stirring often.
6. Add portion of stretched ground beef. Turn heat down to low and season with sea salt and pepper to taste.
7. Heat ½ cup chicken stock and whisk in 2-4 Tbsp flour until smooth. Pour over the meat/vegetable mixture, stirring well. Continue to cook on low heat until sauce thickens slightly.
8. Transfer meat mixture to a 13x9" casserole dish. Sprinkle shredded cheddar evenly across the top of the meat mixture.

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9. Spoon mashed potatoes on top and spread evenly across the surface with the back of a spoon.
10. Cook for about 20 minutes or until mixture is heated through and surface begins to firm slightly.
11. I usually broil for 1-2 minutes to get a nice, light crisp and golden brown on the surface of the potatoes.

DAY 7: STRETCHED BEEF EGG ROLL IN A BOWL

INGREDIENTS

- 1 Tbsp coconut oil
- 1 2-cup portion stretched ground beef
- 2 (10 oz) bag coleslaw
- 1 (10 oz) shredded carrots
- 2 onions, diced
- 2 tsp ground ginger
- 1 tsp pepper
- 2 tsp garlic powder
- 4 Tbsp coconut aminos (or soy sauce or liquid aminos)
- 1 Tbsp apple cider vinegar
- 2 Tbsp sesame oil
- 2 ribs celery, diced
- 4 oz mushrooms, sliced
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup mayo (optional)
- 1-4 tsp sriracha (!) (optional)

INSTRUCTIONS

1. In a large 5-6 quart pot, melt coconut oil over medium heat.
2. Meanwhile, shred the cabbage (if it's not already done). Add onions, ginger, pepper and garlic and cook until the onions begin to turn translucent.
3. Add the remaining vegetables, soy sauce, vinegar and sesame seed oil and cook until vegetables soften. Add in portion of stretched ground beef. Season with salt and pepper, to taste.
4. In a small bowl, combine mayo and hot sauce. Mix well and serve as desired with the egg roll in a bowl.

DAY 8: STRETCHED BEEF KOREAN RICE BOWLS

INGREDIENTS

- 1 onion, chopped
- 2 carrot, chopped
- 4 oz mushrooms, chopped
- 1 (2-cup portion) stretched ground beef
- 3 cloves garlic, minced
- 1 Tbsp butter

SAUCE

- ¼ cup brown sugar, packed
- ¼ cup coconut aminos (or soy sauce or liquid aminos)
- 2 tsp sesame oil
- ¼ tsp ground ginger
- ¼ tsp red pepper flakes (!)
- ¼ tsp pepper

FOR SERVING

- 2 cups cooked rice or quinoa
- ¼ cup green onions (optional), sliced

INSTRUCTIONS

1. If needed, cook rice or quinoa. Prep vegetables and set aside.
2. In a large skillet heat the butter and garlic over medium heat.
3. Add vegetables. Cook until onions begin to turn translucent.
4. In a small bowl whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes, and pepper. When the vegetables are done add stretched ground beef into the skillet. Pour over the ground beef and let simmer for another minute or two.
5. Serve over hot rice and garnish with green onions.

STEAMED BROCCOLI & CAULIFLOWER

INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 2 Tbsp butter (optional)
- ½ tsp salt (optional)
- ¼ tsp pepper (optional)

INSTRUCTIONS

1. Cut broccoli and cauliflower into florets. Add to steamer basket over boiling water. Cover and steam until fork tender. Add butter, salt, and pepper if desired.