



Big Batch Beef and So Simple Beef Provolone Pizza

BIG BATCH BEEF

Ingredients

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

Cooking Directions

- 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.
- Spread mixture in a single layer on several foil or parchment paper-lined baking trays; freeze just until meat is firm, about 1 hour.
- Loosen beef mixture into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months.

SO SIMPLE BEEF PROVOLONE PIZZA

Ingredients

- 1 12-inch ready-made or rolled pizza dough crust
- ½ cup pizza sauce
- 1 cup thawed **Big Batch Beef**
- 1 cup halved grape or cherry tomatoes
- 1 cup shredded cheese (e.g. Provolone, mozzarella)
- ½ red onion, thinly sliced
- Torn fresh basil leaves

Cooking Directions

- Top pizza dough crust with pizza sauce.
- Sprinkle with Big Batch Beef, tomatoes, cheese, onion and basil.
- Bake in 425°F oven for about 15 minutes, until cheese is melted and crust is crispy and golden.

Shopping List

- 4 lb (2 kg) Extra Lean or Lean Ground Beef
- 4 cooking onions
- 4 cloves garlic
- One 12-inch ready-made pizza crust
- Pizza sauce
- 1 pint grape or cherry tomatoes
- 1 cup shredded cheese (e.g. Provolone, mozzarella)
- 1 red onion
- Fresh basil leaves

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us, just click!

