



threesimple

GROUND BEEF DISHES

By Marge Perry
margeperry1@gmail.com

tip

To freeze ground beef, wrap it tightly in at least two layers of plastic wrap and slide into a freezer bag; the less air that gets to it, the less likely it is to get freezer burn.

1 SLOPPY JOES

- 1 1/4 pounds lean (93 percent) ground beef
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon allspice
- 1 medium onion, chopped (about 1 cup)
- 2 ribs celery, finely diced
- 1/2 green pepper, diced
- 1/2 cup ketchup
- 1 (14.5-ounce) can petite diced tomatoes
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar
- 4 sandwich-size potato rolls, split

1. Place the beef in a large skillet over medium high. Season with the chili powder, cumin, thyme, salt, pepper and allspice, and cook, breaking the meat into crumbles, until it is lightly browned, about 6 minutes. Add the onion, celery and green pepper, and cook, stirring occasionally, until softened, about 5 minutes.

2. Add the ketchup, tomatoes, Worcestershire sauce and brown sugar, and cook, stirring occasionally, another 8 to 9 minutes, until the liquid in the pan is somewhat



thickened. Divide among the 4 rolls. Makes 4 servings.

Nutritional analysis for each serving 452 calories, 39 g protein, 50 g carbohydrates, 4 g fiber, 12 g fat, 4 g saturated fat, 972 mg sodium

2 HEARTY BEEF BURRITOS

- 1 tablespoon olive oil
- 2 cloves garlic, minced

- 1 medium onion, chopped (about 1 cup)
- 1/2 green pepper, diced
- 1/2 red pepper, diced
- 1/2 cup thawed frozen corn
- 1 pound lean (93 percent) ground beef
- 1 teaspoon chili powder
- 1/2 teaspoon oregano
- 1/2 teaspoon ground cumin
- 1/2 cup bottled salsa
- 4 (10-inch) flour tortillas

1/2 cup shredded reduced-fat Cheddar cheese

1. Heat the olive oil in a large nonstick skillet over medium high. Add the garlic, onion, green and red peppers and corn, and cook, stirring, until the vegetables are softened, about 6 minutes. Add the beef, chili powder, oregano and cumin, and cook, stirring to break the meat into crumbles, until it is lightly browned, about 6 minutes.

2. Stir in the salsa and cook, stirring occasionally, until the mixture is thickened, 4 to 5 minutes.

3. Warm the tortillas and spread a quarter of the mixture in a log shape down the center of each tortilla, leaving 1-inch clear at the top and bottom. Sprinkle with a quarter of the cheese. Fold the top and bottom in toward the center and roll the sides over the filling. Makes 4 servings.

Nutritional analysis for each serving 503 calories, 37 g protein, 48 g carbohydrates, 4 g fiber, 20 g fat, 8 g saturated fat, 1057 mg sodium

3 PENNE WITH MEAT SAUCE

- 3 slices center-cut bacon, chopped
- 1 pound lean (93 percent) ground beef

- 1 medium onion, chopped (about 1 cup)
- 3 cloves garlic, minced
- 2 ribs celery, finely chopped
- 2 carrots, finely chopped
- 1 (14.5-ounce) can diced tomatoes
- 3 tablespoons tomato paste
- 1/2 cup low-sodium chicken broth
- 1/3 cup red wine
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 8 ounces penne

1. Cook bacon in a large nonstick skillet until just crisp. Add the beef and cook, crumbling and stirring occasionally, until lightly browned, about 6 minutes. Add the onion, garlic, celery and carrots, and cook, stirring occasionally, until the vegetables are somewhat softened, about 6 minutes. Add the tomatoes, tomato paste, broth and wine. Bring to a boil and cook, stirring, 2 minutes. Reduce heat to simmer and cook 20 minutes, until sauce is thickened. Season to taste with salt and pepper.

2. Meanwhile, cook the penne according to package directions. Toss with the sauce and serve immediately. Makes 4 servings.

Nutritional analysis for each serving 489 calories, 36 g protein, 57 g carbohydrates, 5 g fiber, 11 g fat, 4 g saturated fat, 791 mg sodium

drinks

Here are some good wines to go with late-summer grilling.

Roserock Drouhin Oregon Chardonnay 2014 Oregon's chardonnays have been increasingly exciting in the past few years. Roserock bottles this excitement and pours it into your glass. It offers flavors of pear, quince and white flowers with a sense of sunshine and the salty, mineral spice of summer sweat on your upper lip. There's structure here, too.

Domaine Aureillan 2015 This delightful pale rosé is a great value. It shows the ripe sweet-

ness and fullness from the warm 2015 vintage, but it maintains the acidity that makes Provençal rosé the wine world's favorite summertime quaff.

Strauss Gelber Muskateller Classic 2015 Gelber muskateller is a grape Austrian winemakers grow for fun, but it can make a delightful wine. As its name implies, it is a variant on the muscat grape (think moscato), and it shares that flowery, lemony, tropical flavor. In Austria it is almost always fermented dry, so it offsets those flavors of flowers and ripe tropical fruits with a crisp, refreshing finish. The Strauss

makes an ideal aperitif for the patio or to match with light appetizers.

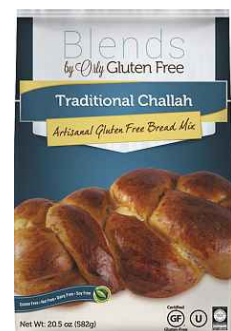
Caracol Serrano Tinto 2013 This delightful, inexpensive red wine will be great for your late-summer cookouts. From a warm climate, it features cooked-fruit flavors of berry compote accented with wood spice.

Il Cavaliere Pinot Bianco 2015 This wine features apricot and peach flavors, with refreshing acidity. Enjoy it well chilled by itself on the patio or with lighter appetizers and seafood dishes. This is a nice white for the waning days of summer.

— *The Washington Post*

goodbuy

Challah is traditional for the Jewish High Holy Days, and Blends by Orly has introduced a line of **gluten-free challah mixes** so that even those with food sensitivities can enjoy home-baked loaves. The mixes come in three flavors: plain, poppyseed-onion and chocolate chip, and each package makes two loaves or 10 large rolls. The challah is certified kosher by OU and is also free of nuts, dairy and soy. Available for about \$9 at Gourmet Glatt in Cedarhurst and Woodmere, Geffen Gourmet in Hewlett, Shop Delight and Everfresh in Great Neck, Brach's and Seasons in Lawrence, Woodbury Kosher Meats in Hicksville and Kosher Thyme in Plainview. Also available online from Amazon and at blendsbyorly.com



BLEND BY ORLY

— ERICA MARCUS