


One Pan Hamburger Recipes

Hamburger Rice Oriental

- 1 pound ground beef 
- 1 medium onion
- 2/3 cup uncooked rice
- 1½ cups boiling water
- 2 beef low-sodium bouillon cubes or 2 teaspoons beef granules
- 1 Tablespoon soy sauce

In a large skillet, brown beef and onion, breaking up beef with a spoon. Pour off excess fat. Stir in rice and brown briefly. Add remaining ingredients. Cover and cook for 20-25 minutes or until rice has absorbed the water and is tender.

ADDITIONS: Chopped celery or green pepper can be added after mixture has cooked 15 minutes.

VARIATIONS: 1) Use brown rice instead of white; cook 45 minutes or until rice is tender. 2) Add bean sprouts or drained water chestnuts. 3) Stir in frozen peas or frozen mixed vegetables after mixture has cooked 10-15 minutes.

Hamburger Chili Macaroni

- 1 pound ground beef
- 1 can tomato soup + ¼ cup catsup and hot water to make 3½ cups OR 6 oz. can tomato paste with 3 cups hot water OR 3½ cups tomato juice
- 1 small onion
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon garlic salt or powder
- 17 oz. pkg. uncooked elbow macaroni

Brown beef; pour off excess fat. Add tomato liquid and seasonings. Bring to boil. Add macaroni; cover and simmer 12-15 minutes.

ADDITIONS: Add chopped celery, diced green peppers, drained whole kernel corn, or drained kidney beans.

Hamburger Potato Stroganoff

- 1 pound ground beef
- 2 Tablespoons flour
- 1 ½ cups beef bouillon (2 cubes or 2 teaspoons beef granules dissolved in 1½ cups hot water)
- ½ teaspoon garlic powder
- ⅛ teaspoon pepper
- dash Worcestershire sauce
- 1 small can mushrooms, drained
- 2 cups cooked, sliced potatoes
- ½ cup low fat sour cream

Brown beef; pour off excess fat. Stir in flour. Add bouillon; cook until thickened. Add seasonings, mushrooms, and potatoes. Heat through. Just before serving, add sour cream. Do not boil mixture after sour cream has been added or it will curdle.

Hamburger Noodle Skillet

- 1 pound ground beef
- 3 beef bouillon cubes or 3 teaspoons beef granules (low-sodium)
- 3 cups hot water
- dash each of pepper and garlic powder
- 1 small onion, chopped
- 3 cups wide egg noodles
- 1 Tablespoon cornstarch dissolved in 3 Tablespoons cold water

In large skillet, brown beef, breaking it up with a spoon. Drain excess fat. Stir in bouillon cubes, water and uncooked noodles. Bring to boil. Reduce heat and simmer 15 minutes. Stir in cornstarch mixture. Cook and stir until thickened.

ADDITIONS: Add chopped celery, diced green pepper or frozen mixed vegetables

