



CHRISTY
JORDAN'S

Southern Plate
RECIPES FROM BELOW THE *Mason Dixon* LINE



Little Cookbook Of Ground Beef Recipes

*Easy
Economical
Inspiring
And Delicious!*

By
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Dear Friends,

My mother was known for her cooking. Regardless of what meal you sat down at, anyone at Mama's table was assured of getting a delicious and filling meal on any given day. While that may not be surprising, the fact that she fed five of us plus additional guests at nearly every meal on a very tight grocery budget leaves my head spinning at how she managed to put all of that wonderful food on the table!



Like most of us, though, she used a lot of ground beef. There is no telling how much I ate growing up! But we never grew tired of it, thanks to her ingenuity.

I thought I'd bring a little of that ingenuity to you by sharing some of my personal favorite ground beef recipes that I hope will please your family every bit as much as they please mine.

I'm excited to be able to give you this free e-cookbook of ground beef recipes from SouthernPlate.com. Please feel free to share this ebook with your friends and family and stop by Southern Plate online to view a full tutorial of each recipe, complete with photos of every step—all free, of course!

I do hope to see you around my little online home. It's become a front porch of sorts where we all sit and chat about our families, our lives, and the food that brings us all together.

*Gratefully,
Christy Jordan*

If you'd like to purchase the full cookbook of over 300 family recipes, you may do so at www.southernplate.com



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Pizza Rolls

My mom used to make these when she and my dad went out of town. We were all in our late teens and they left three of us, ages fifteen through twenty, alone in the house for two to three days at a time. They didn't fret much though. Mama would make a batch of pizza rolls and some ham and cheese croissants. She gave my brother pizza money for all of us and they went off on a little getaway, confident that their offspring were responsible and intelligent young adults who would behave while they were away. *Yeah, I'll never do that. I know better. This recipe is found on page 52 of the Southern Plate Cookbook.*

- **2 lbs ground beef, browned and drained**
- **2 C Mozzarella**
- **1 Dozen sub rolls**
- **2 - 15 oz jars of pizza sauce**

Add one and a half jars of pizza sauce to beef in skillet. Stir and cook on medium until bubbly. Slice each bun almost through and spoon beef mixture into the bun. Add cheese on top and seal with plastic wrap. Place in refrigerator and heat in microwave for one minute when ready to eat. Can be stored in fridge for several days.

Let me show you the world's easiest supper. This supper is also awfully tasty! My son ate three bowls last time I made it!

I first made this soup about ten years ago (oh lord, that makes me feel so old!). We instantly fell in love with it. Even if it weren't so incredibly quick and easy, the flavor would have won me over on its own. You're just not going to believe how great this tastes! *This recipe may be found on page 33 of the Southern Plate Cookbook.*

Taco Soup

- **1 lb ground beef**
- **1 Lg chopped onion, cooked with beef**
- **2 cans kidney beans**
- **1 can corn**
- **1- 15oz can Ro-Tel**
- **1- 15 oz can Tomato Sauce**
- **1 packet taco seasoning mix**
- **1 packet ranch dressing mix**
- **1 1/2 cups water**

Combine all ingredients, bring to a boil and then simmer for fifteen minutes.

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Deep Dish Pizza

This recipe is another one of my favorite super easy, quick to throw together, family pleasing, and incredibly delicious meals, originally from mother's recipe collection. One of the best things about it is how incredibly adaptable it is to whatever ingredients you have on hand! I've made it with absolutely no cheese before and it was still delicious!

This recipe is a testament to just how many family recipes we have. I have an original family cookbook that I made eons ago which lists where every recipe came from and notes about it so I always go and look up that information when I am about to post. I have been bragging to my mother about how delicious this is for ages and telling her that she **MUST** make it soon! I finally got her intrigued enough to ask for the recipe and she bought all of the ingredients yesterday saying "That does sound good, I'll have to try that this week!". This morning when I went to my original cookbook to see where the recipe came from originally, I find out its hers!

NOW I know why it tastes so familiar and where I've had it before! I remember having this when I was a little girl but I guess Mama got busy with other recipes and busy work and it eventually faded into the background. Well I am reviving this puppy once more, Mama, coz it is SO GOOD!! For all of my readers with hungry men and teenage boys to feed, get ready for a home run with Deep Dish Pizza!

For those of you with a Southern Plate Cookbook, this recipe is on page 53.

*I simplified this a great deal. I'm posting the original recipe with my notes in brackets.

- **1 lb ground beef**
- **1lb Italian sausage (I use 2 lbs ground beef and leave out sausage)**
- **1 med onion, chopped**
- **1 C flour**
- **1 bell pepper, chopped (I omit due to picky family)**
- **15 ounce jar pizza sauce**
- **1/2 C Parmesan (Parmesan is not as easy to spell as one might think...)**
- **8 ounce mozzarella**
- **1/2 tsp salt**
- **dash black pepper**
- **1 cup milk**
- **2 eggs**
- **1 T oil**
- **1/2 tsp garlic salt**
- **1/4 cup oregano (I leave out garlic salt and oregano and just put in two tablespoons Italian Seasoning)**

Preheat oven to 350. Brown hamburger, sausage, onion, and bell pepper. Drain well. Add garlic salt and oregano (or Italian Seasoning). Add pizza sauce. Stir well. Grease a 9×13 inch pan with cooking spray. Sprinkle mozzarella over bottom of it. Spread meat mixture over the cheese. In mixing bowl, add eggs, milk, flour, oil, and salt. Pour over meat in pan. Sprinkle parmesan cheese over batter. Bake 30 minutes.



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Meatloaf

I received an email from one of my readers recently asking me how I make my meatloaf. You know after that email I was craving me some good old meatloaf!

Its such a simple meal, and quite homely, but still so darn good! I often think my mother makes it purely so they can have meatloaf sandwiches with the leftovers the next day!

One of the great things about meatloaf is the versatility in making it ahead of time. You can form a meatloaf in a size to feed a smaller number and freeze individual ones, either before baking or after, for convenient anytime meals. Keep on reading for more!

- **2 Lbs ground beef**
- **1 cup oats (quick or old fashioned)**
- **2 eggs**
- **1 can Hunts Seasoned Meatloaf Sauce***

Place all ingredients (including entire can of sauce) in a bowl and mix up very well with hands. Form into loaf and place in an 8×8 pan or make smaller loaves and place in mini loaf pans, muffin pans, or two regular sized loaf pans.

If making an 8×8 loaf, score a “t” down the center with a knife before baking. Bake at 375 for 45 minutes to an hour.

*If you can't find Hunt's Meatloaf seasoning where you are, you may substitute 15 ounces tomato sauce, 1/2 onion finely chopped, 1/2 chopped bell pepper, and salt and pepper to suit your personal taste. Unfortunately, our Wal Mart has quit carrying Hunt's meatloaf seasoning but I have found it at the local Piggly Wiggly and the people are so very nice there!

I just finished watching the episode of Little House On The Prairie where Caroline stayed up all night using the fabric she had bought for her new Sunday dress to make a dress for Mary and Laura as a surprise for the Visitor's Day at school. Laura stood up when it was her turn to read her essay for the school event and read a story about how wonderful her mother was and how much she loved them, telling how she had sewn all night to make their new blue dresses instead of making one for herself. The only thing was, Laura couldn't write beyond a kindergarten level and she only pretended to read all of that because it was what she wanted to write so badly. Never can watch that episode with a dry eye.

I think the would world be a better place if everyone watched Little House on the Prairie more, don't you?



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One Skillet Chili Bake

After a week of apple dishes though, I'm ready for a good and hearty meal or what I call *Man Food*. One Skillet Chili Bake is the PERFECT man food dish. It is hearty, filling, can be made spicier if you like, and involves very little effort on your part. Whats more, it is eaten with chips. You can go back to your cave man roots and ditch the utensils!

When fall rolls around in the south, attention turns to football. Families host regular get togethers to watch the game and an assortment of "man food" dishes are always present. Although I serve this for supper (I actually don't like football - but don't tell, they might kick me out of Alabama!), it has been a hit at many a football party. *This recipe may be found on page 60 of the Southern Plate Cookbook.*

- **1 lb ground beef**
- **1 can red kidney beans**
- **1 can Ro-Tel (or one small can diced tomatoes and small can chopped green chilies)**
- **1/2 C uncooked rice**
- **2 T chili powder**
- **1 C shredded cheddar cheese**
- **1 Cup water, if needed**

In large skillet, brown beef and drain well. Add beans, Ro-Tel, Rice, and Chili Powder. Simmer, covered, for 20 minutes or until rice is done. Uncover and top with cheddar cheese. Continue cooking until cheese melts. Serve with tortilla or corn chips.

Hobo Packets

These are a traditional boy scout meal and with good reason. Kids just love getting to "design" their own dinner and there is very little work for the adults. You know how you often feel you are running a short order kitchen? Having to make four or more different dishes to special orders can be so very frustrating. One doesn't like onions, the other doesn't like carrots, yadda yadda yadda. Hobo packets make that easy.

This recipe can also be modified to use chicken or even pork, but ground beef is my personal favorite due to its taste (I'm just so used to hobo packets with ground beef!), its convenience, and its cost. This can even make a great Vegetarian meal simply by omitting meat and adding more veggies! Frugal and filling!

- **Ground Beef**
- **Potatoes**
- **Aluminum Foil**
- **Onion**
- **Baby Carrots**
- **Dale's Sauce (optional)**

Make patties out of the ground beef. Peel and slice onion. Slice potatoes into chunks. Place each patty in the center of a large sheet of foil. Top with onion, potatoes, and carrots. Add 2 T of sauce, if using. Close packet and seal well. Bake in oven at 350 for 45 minutes to an hour, or until done.



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Christy's Chili

Any southerner worth their salt has a great chili recipe, preferably a signature one. This is why I set out several years back trying out this one and that, tweaking and adding until I came up with one I could call my own.

Although I dearly love my mother's chili, I wanted something a bit more involved (in terms of ingredients, not effort!). My favorite chili away from home has always been Wendy's (yeah, I'm a simple gal), and so I knew when I came across a copycat recipe for their chili, I had found the base I wanted to start from.

I've tweaked it slightly over the years for my personal taste and for this tutorial I am making it in the crock pot for all of you. This prevents anyone from having to stand over the stove and fret over it while it simmers and the flavor develops fully. If you brown and freeze your meat ahead of time (like I do), this becomes a "toss it in and turn it on" recipe that will make it great for a quick and easy meal! For those of you with a Southern Plate Cookbook, this recipe is on page 33.

Being in a family with a brother who caters and a father who frequently sponsors large bbq's for Fraternal Order Of Police members, I often get the call from time to time "We have a bunch of hamburgers leftover, do you want them?". I take all that is offered, crumble them up and place them in freezer bags to use in this chili at a later date!

*

After I put this in the crock pot my son came up to me and put his arms around my waist and pressed his face to me as he gave me the biggest hug!

He then said "Mama, I have something I need to ask you."

"What, baby?"

"When are we gonna get to eat that chili?"

- 29 oz can kidney beans (with liquid)
- 29 oz can pinto beans (with liquid)
- 1 cup diced onion
- 3 medium tomatoes or one large can of diced
- 2 C water
- 3 T chili powder
- 2 tsp cumin
- 2 lbs ground beef
- 29 oz can tomato sauce
- 1/2 C diced green chilies
- 1 1/2 tsp black pepper
- 2 tsp salt
- 1/4 C diced celery

Brown ground beef until done and drain off fat. In large pot (or crock pot), combine the beef plus all remaining ingredients. If in pot, bring to a simmer over low heat and cook, stirring every fifteen minutes, for two to three hours.

If in a crock pot, stir to combine and cover. Cook on low 7-8 hours or high for 3-4 hours.

*Food should not be kept above 45 degrees and below 145 degrees for more than two hours should be disposed of. This is the rule of thumb I learned in college. I have recently seen where someone stated that danger zone time limit is four hours, but I stick with two to be safe. Basically, food can be kept at room temp safely for two hours but should be refrigerated or frozen after that in order to avoid food safety issues which I won't go into now... because I want you to have your appetite for chili!

This recipe may be found on page 33 of the Southern Plate Cookbook.

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Southern Plate

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I love how my grandmother says Italian. God love her, she has never known how to pronounce that word. Instead, it comes out “Eye-talian”, as in “That Eye-talian food sure is good!”.

Well, this is one of my Eye-talian recipes. It’s very easy (you don’t even boil the noodles!), especially when you have your [meat already browned and in the freezer](#) just waiting to be tossed in. This is also my most requested recipe. I don’t know how many times I’ve printed this one out over the years.

It yields the most delicious lasagna I have ever tasted, rich with cheeses and meat. Beware though, it feeds a crowd! Even with a family of four, this is easily two meals.

Crock Pot Lasagna

- 1 box lasagna noodles
- 16 oz cottage cheese
- 2 lbs ground beef, cooked and drained
- 2 - 26 ounce cans or jars of spaghetti sauce
- 2 cups mozzarella

In bowl, stir two cheeses together until well combined. Spoon a layer of sauce in bottom of crock pot. Sprinkle small amount of ground beef over top. Top with a layer of noodles, breaking to make them fit. Be sure to alternate which way the noodles go with each layer. Top noodles with a layer of cheese. Repeat process until all ingredients are used, ending with sauce.

Cover and cook on low 6-8 hours.



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Not Your Average Joe Sloppy Joes

I'm going to start the new year off with some "real" food that is real easy! A quick and easy meal, with a little bit of a tweet to up the ante. I LOVE Sloppy Joes, but this recipe adds that extra oomph that is sure to please!

The first time I made these (right after I got married over a decade ago), my husband took one bite and his eyes got really big, then he took another, and his eyes got even bigger! They were almost inhaled after that. I've found the same reaction whenever I serve them so watch your family for those bulging eyes and you'll know you've got a winner!

I like to make a double recipe of this and freeze the other half for a super quick meal on one of my busier days! Why cook just one meal when the same effort and time can produce two? This is on page 61 of the Southern Plate cookbook.

- **2 lbs Ground beef, browned and drained**
- **2 cups french fried onions**
- **1 pack hamburger buns**
- **1 cup shredded cheddar cheese**
- **1 can manwich sloppy joe sauce**

To cooked ground beef, add sloppy joe sauce, cheese, and 1 cup french fried onions. Heat until bubbly. Toast buns and top with sloppy joe meat. Sprinkle more onions on top. Serve with fries.

Makes about eight sloppy joes.



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Baked Sandwiches

This is not a dish you would have seen back in the day in my family. My Great Grandmother Lela never even knew how to make what we all call “loaf bread”. Having a hard life of working in the fields from the time she was old enough to pull a cotton sack, Lela, like so many other Southerners, considered food preparation to be a necessity in order to survive. Few took the time to work with yeast when biscuits were practical, portable, quick and affordable.

Grandmama said they always took biscuits to school for their lunch but she remembers being embarrassed to eat around the other children who had sandwiches made with loaf bread instead of stuffed biscuits. They never dreamed of asking for it from their Mama though, knowing how hard she already worked.

Four generations later, I’m every bit as practical as my Great Grandmother. Although I do enjoy making yeast breads from scratch when I have the time, when it comes to getting dinner on the table for a hungry family, I take an easier approach. That’s why I love this recipe.

Made with surprisingly affordable frozen bread dough, this is a throw together recipe which only requires time in terms of waiting for your dough to thaw and rise. I dreamed this up some years back and it was an instant hit. I encourage you to adapt this recipe to your own family, adding vegetables and spices that you enjoy in order to make it truly your own. My version is very simple (to please little ones who like it that way!) and is a great starting place for you. This sandwich is gorgeous when its baked and impressive when cut but when you taste how wonderful it is, you’ll be shaking your head at the ease of such a filling meal!

- **1 lb ground beef, browned and drained**
- **1 can cream of mushroom soup (or other cream soup)**
- **1 loaf of thawed yeast bread dough**

Recommendations: Sautéed onions and bell peppers, seasonings such as Italian seasoning, garlic powder to taste, etc. Can use chicken in place of ground beef and even add a can of diced green chilies to make a baked chicken sandwich with a Mexican flair! Have fun with this sandwich!

On a greased surface, roll out bread dough into a rectangle. Stir together cooked meat, soup, and any other ingredients you choose. Spoon down the center of your rectangle of dough. Fold over sides and ends and pinch closed.

Place on greased baking sheet and cover with cling wrap sprayed with cooking spray to prevent it from sticking to bread. Place in warm place and allow to rise until doubled in size, about one and a half to two hours.

Remove cling wrap and brush with well beaten egg. Taking a sharp knife, cut several angled slits along the top. Bake at 350 for thirty minutes or until golden brown. Allow to cool for a few minutes, slice, and serve.



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Southern Plate

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Taco Pizza

How about some Taco Pizza? I love this stuff and so does my family, but especially me. So if I ever come visit you, just have one of these puppies sitting on the counter and I'll sit down happily and be quiet for at least five minutes. Alright, three.

I think I could make the world a better place, I really do. *This recipe may be found on page 54 of the Southern Plate Cookbook.*

- **1 can refried beans**
- **1 packet taco seasoning**
- **1 1/2 C browned ground beef, drained well**
- **cheddar cheese, shredded**
- **taco chips**
- **3/4 C salsa**
- **1 prepared pizza crust (preferably deep dish)**

In skillet or saucepan, combine ground beef, taco seasoning, refried beans, and salsa. Stir until heated through. Spread into pizza crust. Top with crunched taco chips. Top with a good bit of cheddar cheese. Bake at 350 until cheese is melted and crust is browned. Remove from oven. Top with favorite taco toppings!

Super Easy Spaghetti Sauce

I love store bought spaghetti sauce, even though my mother didn't even know it existed until we were nearly teens. Once she tried it, she was hooked on the ease and the quality. She says "I figure those companies put thousands and thousands of dollars and years of research into perfecting those recipes and who are we not to use them!". Of course, I love that way of thinking! Still, I like to dress mine up a bit. This both customizes the flavor a bit but also serves to make your sauce go further.

Making your sauce go further is important because I REALLY want you to have some leftover spaghetti sauce. It is VERY important for my next recipe that you have some leftover because I am going to bring you a great recipe for using it up that everyone in my family loves.

- **2 cans or jars of Spaghetti Sauce**
- **1 - 15 oz can diced tomatoes**
- **1 - 15 oz can tomato sauce**
- **1 1/2 T Italian Seasoning**
- **1 T sugar**
- **1 1/2 pounds ground beef, browned and drained**

Dump all ingredients into slow cooker. Cover and cook on low all day. Serve over freshly cooked pasta.

Reserve about two cups of sauce for the recipe on the next page!

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Southern Plate

RECIPES FROM BELOW THE *Mason Dixon* LINE



Spaghetti Lover's Soup

It seems like whenever I make spaghetti, I always end up with a cup or two of sauce left. Seeing as how spaghetti is one of my favorite meals, its only fitting that leftover spaghetti sauce be recycled into another one of my favorite meals. This dish is quick and easy to throw together, hearty, aromatic, and absolutely delicious from start to finish. Reminiscent of an Italian Chili, I've never met a soul who didn't love it.

Using leftover spaghetti sauce really stretches the dollars here in that there is no need to add additional meat. if you like though, you can substitute a can of sauce for the leftover and make it meatless for any vegetarians in your life. See? This really does please everyone! *This recipe may be found on page 34 of the Southern Plate Cookbook.*

- **2 Cups leftover spaghetti sauce**
- **2 cans diced tomatoes**
- **2 cans kidney beans**
- **2 carrots**
- **1 stalk celery (optional)**
- **dry spaghetti noodles (I use enough to make spaghetti for one person)**
- **2 Cups water**
- **1 T Italian Seasoning (optional)**

Dump sauce, tomatoes, kidney beans, and water into pot. Peel and chop carrots and dice celery, add to pot. Add seasoning if desired. Bring to a boil and then reduce heat, simmering until vegetables are tender. Add spaghetti noodles which have been broken into one inch segments. Continue cooking until pasta is tender.

This chili is a staple at diners in my neck of the woods. We pile it generously on our hot dogs and sometimes even eat it with a fork! It freezes like a dream, so make a big batch and freeze it in smaller batches and have hot dog chili all summer long. Hey, its a double meat on a bun. How can you go wrong?

Dad's Hot Dog Chili

- **3 lbs ground beef**
- **9 tsp chili powder (Mama insists on Mexene)**
- **1 T salt (more to taste)**
- **1 T pepper (More to taste)**
- **Enough water to cover your ground beef**

Place enough water in a pot to cover your beef. Take handfuls of the beef and submerge in the water, mooshing it up with your hands. Add seasonings and stir. Bring to a boil, reduce heat and boil gently for about an hour. Ladle off grease. Remove chili with a slotted spoon to put on hot dogs. Freeze leftovers for your next cookout!



CHRISTY
JORDAN'S

Southern Plate

RECIPES FROM BELOW THE *Mason Dixon* LINE



Keep On The Sunny Side!

I Love positive and motivational quotes and so I've devoted a page on SouthernPlate.com where my readers can contribute their favorites and read others on days when we all might need a little boost. Here are just a few selected from that page at random.

TODAY IS A GREAT DAY JUST WAITING TO HAPPEN! (my quote ~giggle~)

Instead of thinking about what you are missing, try thinking about what you have that everyone else is missing.

Change your thoughts and you change your world. ~Norman Vincent Peale

The most wasted of all days is one without laughter. ~e.e. cummings

Life may not always be the party we hoped for but while we are here we might as well dance .

“Joy is very contagious, try therefore, to be always overflowing with joy, wherever you go” -Mother Theresa

Be the kind of woman that when your feet hit the floor in the morning the devil says “oh crap she’s up again”

“Attitudes are contagious...make sure yours is worth catching!”

Put your troubles in a box, sit on the lid and smile.