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Upgrade baked beans from classic side dish to a meaty main meal by adding lean ground beef. The final result, a superfast hearty casserole, is an easy and fast dinner option. Ground turkey or even sausage would work nicely in this dish. Just watch the sodium.

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If you're looking to stick to your diet, this is one of the best diabetic-friendly recipes with ground beef! Beefed-Up Vegetable Stew Our Beefed-Up Vegetable Stew is a super choice for anyone following a diabetic diet.

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Diabetic Ground Beef Recipes in 2018 MyPlate Beef Main

Sep 14, 2018- A little ground beef goes a long way. Add the versatile ingredient to a stew, sandwich, casserole, or pasta dish for extra protein and savory flav

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