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Ground Beef Recipes Allrecipes.com

Ground beef, onion, green pepper, and ketchup are seasoned with garlic powder and sweetened with brown sugar to make this hearty meat filling. Serve on hamburger buns.

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Hamburger Casserole Healthy Recipes

I owe this very flavorful hamburger casserole recipe to reader Alix. Alix emailed me a few weeks ago and said, I m a big fan of you and your blog. I m a university student who went health nerd a couple of years ago and frequently use your recipes.

<http://ebookslibrary.club/Hamburger-Casserole-Healthy-Recipes.pdf>

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Healthy meat recipes with five ingredients or less for beef, pork, and lamb from Cooking Light.

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