

## [HEALTHY RECIPE GROUND BEEF](#)



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### **Healthy Recipes with Ground Beef Woman's Day**

A traditional cottage pie is made with ground beef and topped with mashed potatoes. We used potato slices, which saves time and looks good, too. For a shepherd's pie, use lamb. Or, try a turkey twist: Add 2 cups finely minced turkey meat along with the peas. Get the recipe at Delish.

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### **Our Best Healthy Ground Beef Recipes Food Network**

Ellie uses extra-lean ground beef to slim down this hearty chili, but you'd never notice anything was missing, thanks to a flavorful three-bean combo (black beans, kidney and pinto) and the addition of a smoky chipotle chile.

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Looking for easy and healthy ground beef recipes that require only a bit of your time to prepare? Here are 10 of them and they're all amazing!

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### **19 Delicious Healthy Ground Beef Recipes Fitness Crest**

Ground beef is a go to food when you are looking to eat healthy and lose weight/build muscle. Not to mention that ground beef is inexpensive, quick to cook up, easy to freeze and can be used in an endless amount of meals.

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### **Ground Beef Recipes Simple Quick and Healthy Healthy**

I have many ground beef recipes. Ground beef is cheap, readily available and versatile. My ground beef recipe are simple, quick, healthy and delicious.

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### **Ground Beef Recipes Cooking Light**

**GROUND BEEF** Like hamburger but no added fat. **GROUND CHUCK** Beef ground from the chuck (shoulder section) that contains about 15% to 20% fat (63% to 71% calories from fat, raw). **GROUND ROUND** From the round (rump to hind leg), about 10% to 15% fat (51% to 63% calories from fat, raw).

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