

Good beef. Dinner handled.



10 practical recipes for your
Family Variety Pack.



From the Lane family's farm in Gates County, NC
to the meals you make at home.

A plan for every cut.

Use these recipes in any order. Keep the rest frozen until you're ready to cook. Times assume fully thawed beef; servings are estimates and vary with cut size and appetite.

FROM YOUR SMALL BOX	MAKE THIS	PAGE
2 NY strip or rib-eye steaks	01 Garlic-butter steak night	3
1 roast, 2-3 lb	02 Sunday roast, two ways	4
1 lb stew beef	03 Beef & vegetable stew	5
1 lb stir fry or sirloin tips	04 Ginger-soy beef bowls	6
1 lb ground beef	05 Weeknight beef tacos	7
1 lb ground beef	06 Skillet cheeseburgers	8
1 lb ground beef	07 Beef & bean chili	9
2 lb ground beef	08 Big-batch meat sauce	10
1 lb ground beef	09 Glazed mini meatloaves	11
1 lb ground beef	10 Sloppy joe sandwiches	12

The ground-beef recipes use all seven 1 lb packs. The meat sauce makes a larger batch for leftovers or freezing. Pick the recipes and serving sizes that work for your household.

Have the Medium box? Use the same recipes, then turn to page 13 for the extra steaks, roast, ground beef, stew beef, skirt steak and cube steak.

01

Garlic-butter steak night

A simple skillet dinner for the steaks you've been saving.

FROM YOUR BOX / 2 NY strip or rib-eye steaks

SERVES 2-4 | ABOUT 25 MINUTES

YOU'LL NEED

2 NY strip or rib-eye steaks
1 tbsp neutral oil
1/2 tsp fine salt, plus more to taste
1/2 tsp black pepper
2 tbsp butter
2 garlic cloves, smashed
Optional: 2 sprigs thyme or rosemary

MAKE IT

1. Pat steaks very dry. Season both sides with salt and pepper. Heat a heavy skillet over medium-high heat; add oil.
2. Add steaks without crowding, working in batches if needed. Sear about 3-5 minutes per side for 1-inch steaks; use temperature, not time, to judge doneness. Sear the fat edge briefly with tongs.
3. Reduce heat to medium-low. Add butter, garlic and herbs, if using. Spoon melted butter over steaks for 1-2 minutes. Continue cooking until the center reaches at least 145°F.
4. Move to a board and rest at least 3 minutes before slicing. Serve with the pan butter.

SERVE WITH Roasted potatoes and green beans, or a bagged salad and crusty bread.

MAKE IT EASIER Wash and cut your sides ahead. Cook the steaks just before serving.

02

Sunday roast, two ways

Read the package label first. Chuck and shoulder are great for a braise; a lean sirloin tip or round roast needs a different approach.

FROM YOUR BOX / 1 roast, 2-3 lb

SERVES 4-6 | TIMING DEPENDS ON CUT

YOU'LL NEED

1 beef roast, 2-3 lb
1 tbsp neutral oil
1 tsp fine salt; 1/2 tsp pepper
1 onion, thickly sliced
3 garlic cloves, smashed
For braising: 2 cups beef broth, 1
tbsp Worcestershire sauce and 1
tsp dried thyme

MAKE IT

1. Season and sear: heat oven to 325°F for a chuck/shoulder braise, or 300°F for a lean sirloin tip/round roast. Pat beef dry and season. Brown in oil in an ovenproof pot, 3-4 minutes per side.
2. CHUCK / SHOULDER: Add onion, garlic, broth, Worcestershire and thyme. Cover tightly. Cook at 325°F for 3-4 hours, checking from 2 1/2 hours. It is ready when fork-tender; add broth if the pot gets dry.
3. LEAN SIRLOIN TIP / ROUND: Place seared roast on onion and garlic in a shallow roasting pan; omit braising liquid. Roast uncovered at 300°F. Start checking at 60 minutes; allow roughly 1-2 hours, depending on shape. Cook to at least 145°F.
4. Rest roast at least 3 minutes (10-15 is helpful for slicing). Slice lean roasts thinly across the grain; shred a tender braised roast. If the label names another cut, ask Lane which method fits.

SERVE WITH Mashed potatoes and roasted carrots. Spoon pan juices over the beef.

MAKE IT EASIER Slice onion and measure seasonings ahead. Roast time is not hands-on time.

03

Beef & vegetable stew

A small pot of comfort with potatoes, carrots and a rich broth.

FROM YOUR BOX / 1 lb stew beef

SERVES 4 | ABOUT 2 1/2-3 HOURS

YOU'LL NEED

1 lb stew beef
1 tbsp oil; 2 tbsp flour
1 onion, diced; 2 garlic cloves, minced
2 tbsp tomato paste
3 cups low-sodium beef broth
1 tbsp Worcestershire sauce
1 tsp dried thyme
2 carrots, sliced; 1 lb potatoes, cubed
1/2 tsp salt; 1/4 tsp pepper

MAKE IT

1. Pat beef dry and toss with flour, salt and pepper. Heat oil in a heavy pot over medium-high heat. Brown beef in two batches, then transfer to a plate.
2. Reduce heat to medium. Cook onion for 5 minutes. Add garlic and tomato paste; stir for 1 minute. Slowly add broth, scraping up browned bits.
3. Return beef and juices to pot. Add Worcestershire and thyme. Bring to a simmer, cover and cook gently for 1 1/2 hours, stirring occasionally.
4. Add carrots and potatoes. Cover and simmer 30-60 minutes more, until beef is fork-tender and vegetables are soft. Add a splash of broth if needed; taste and adjust seasoning.

SERVE WITH Crusty bread or cornbread for the broth.

MAKE IT EASIER Cook the whole stew ahead. Refrigerate promptly and reheat to 165°F.

04

Ginger-soy beef bowls

A quick skillet meal when the beef is thinly sliced. The sauce uses pantry basics.

FROM YOUR BOX / 1 lb stir fry beef or sirloin tips

SERVES 4 WITH RICE | ABOUT 30 MINUTES*

YOU'LL NEED

1 lb stir fry beef or sirloin tips
1 cup dry rice, cooked per package
1 tbsp neutral oil, divided
1 bell pepper, sliced; 2 cups broccoli florets
1/4 cup low-sodium soy sauce
1/3 cup water; 1 tbsp brown sugar
2 garlic cloves, minced
1 tsp grated ginger (or 1/2 tsp ground)
2 tsp cornstarch

MAKE IT

1. Slice tips thinly across the grain, about 1/4 inch thick; leave thin stir fry strips as they are. Whisk soy sauce, water, sugar, garlic, ginger and cornstarch together.
2. Heat half the oil in a large skillet over medium-high heat. Cook pepper and broccoli with 2 tbsp water for 4-5 minutes, until crisp-tender. Transfer to a plate.
3. Add remaining oil. Cook beef in batches for about 2-3 minutes per side, to at least 145°F; rest at least 3 minutes. Return vegetables to pan.
4. Stir the sauce again and add to pan. Simmer 1-2 minutes, until thickened. Fold in beef and serve over rice.

SERVE WITH Add sliced green onions or a little chili sauce at the table.

MAKE IT EASIER *If your tips are a tougher cut, simmer them covered in broth until tender, about 45-90 minutes, then drain and finish with vegetables and sauce. Ask Lane if unsure.

05

Weeknight beef tacos

One skillet, a few seasonings and everyone's favorite toppings.

FROM YOUR BOX / 1 lb ground beef

SERVES 4 | ABOUT 20 MINUTES

YOU'LL NEED

1 lb ground beef
1 small onion, diced
2 tsp chili powder
1 tsp ground cumin
1/2 tsp garlic powder
1/2 tsp fine salt
2 tbsp tomato paste; 1/2 cup water
8 small tortillas
Toppings: lettuce, cheese, salsa

MAKE IT

1. Cook beef and onion in a skillet over medium-high heat, breaking beef into small pieces, for 7-9 minutes. Cook ground beef to 160°F. Drain excess fat if needed.
2. Stir in chili powder, cumin, garlic powder, salt and tomato paste. Cook for 1 minute.
3. Add water. Simmer for 4-5 minutes, stirring, until saucy but not watery. Add a splash more water if needed.
4. Warm tortillas following the package directions. Fill with beef and add toppings.

SERVE WITH Black beans, corn or a simple chopped salad.

MAKE IT EASIER Chop toppings ahead. Cooked taco filling also freezes well; reheat to 165°F.

06

Skillet cheeseburgers

Keep the patties simple and let the beef do the work.

FROM YOUR BOX / 1 lb ground beef

MAKES 4 BURGERS | ABOUT 20 MINUTES

YOU'LL NEED

1 lb ground beef
1/2 tsp fine salt
1/4 tsp black pepper
1 tsp neutral oil, if needed
4 slices cheese
4 burger buns
Lettuce, tomato, pickles and
condiments

MAKE IT

1. Gently divide beef into four equal portions and shape into patties about 1/2 inch thick. Make a shallow indentation in each center. Season the outsides with salt and pepper.
2. Heat a heavy skillet over medium-high heat. Lightly oil it if needed. Add patties and cook about 4-5 minutes on the first side without pressing.
3. Flip and cook about 3-5 minutes more, until a thermometer inserted from the side into the center reads 160°F. Timing depends on patty thickness and pan heat.
4. Add cheese during the last minute. Toast buns if you like, then assemble with your favorite toppings.

SERVE WITH Oven fries, slaw or sliced tomatoes.

MAKE IT EASIER Shape patties earlier in the day and keep covered in the refrigerator until cooking.

07

Beef & bean chili

An easy simmer for a busy evening, with enough body for a good bowl of chili.

FROM YOUR BOX / 1 lb ground beef

SERVES 4-6 | ABOUT 45 MINUTES

YOU'LL NEED

1 lb ground beef
1 onion and 1 bell pepper, diced
2 garlic cloves, minced
1 tbsp chili powder; 2 tsp cumin
1/2 tsp fine salt
1 can crushed tomatoes (28 oz)
1 can kidney or pinto beans (15 oz), drained and rinsed
1 cup low-sodium beef broth

MAKE IT

1. In a large pot over medium-high heat, cook beef, onion and pepper for 8-10 minutes, breaking up beef, until beef reaches 160°F. Drain excess fat.
2. Add garlic, chili powder, cumin and salt. Stir for 1 minute.
3. Add tomatoes, beans and broth. Bring to a gentle simmer. Cook partly covered for 25-30 minutes, stirring occasionally.
4. For thicker chili, uncover for the last 5-10 minutes. Taste before adding more salt.

SERVE WITH Cornbread, shredded cheddar and sour cream.

MAKE IT EASIER Make the day before, cool promptly and refrigerate. Reheat to 165°F; add a splash of water if thick.

08

Big-batch meat sauce

Use two ground-beef packs here. Serve half tonight and freeze the other half of the sauce for another meal.

FROM YOUR BOX / 2 lb ground beef (two 1 lb packs)

SERVES ABOUT 8 | ABOUT 45 MINUTES

YOU'LL NEED

2 lb ground beef
1 large onion, diced
4 garlic cloves, minced
2 tbsp tomato paste
2 jars marinara sauce (24 oz each)
1/2 cup water
2 tsp Italian seasoning
Black pepper and salt, to taste
1 lb dry pasta for the full batch
Optional: grated Parmesan

MAKE IT

1. Cook beef and onion in a large pot over medium-high heat for 10-12 minutes, breaking beef into small pieces, until beef reaches 160°F. Work in batches if the pot is crowded; drain excess fat.
2. Add garlic and tomato paste. Stir for 1 minute. Add marinara, water, Italian seasoning and a few grinds of pepper.
3. Simmer partly covered for 20-25 minutes, stirring occasionally. Taste before adding salt, since jarred sauce varies.
4. Cook pasta according to the package. For four servings, cook 8 oz pasta and use half the sauce. Cool the remaining sauce promptly in shallow containers and freeze for later.

SERVE WITH A green salad and Parmesan at the table.

MAKE IT EASIER Freeze sauce separately from pasta. Label with the date; thaw in the refrigerator and reheat to 165°F.

09

Glazed mini meatloaves

All the comfort of meatloaf, with a shorter bake time.

FROM YOUR BOX / 1 lb ground beef

MAKES 4 MINI LOAVES | ABOUT 40 MINUTES

YOU'LL NEED

1 lb ground beef
1 egg
1/2 cup plain breadcrumbs
1/4 cup milk
1/4 cup finely diced onion
1 tsp Worcestershire sauce
1/2 tsp salt; 1/4 tsp pepper
Glaze: 1/4 cup ketchup, 1 tbsp brown sugar and 1 tsp mustard

MAKE IT

1. Heat oven to 400°F. Line a rimmed baking sheet with parchment. In a bowl, stir together egg, breadcrumbs, milk, onion, Worcestershire, salt and pepper.
2. Add ground beef and mix gently just until combined. Shape into four equal oval loaves, about 1 1/2 inches thick, and space them apart on the baking sheet.
3. Mix glaze ingredients and spread over loaves. Bake for 20-25 minutes, until the center of each reaches 160°F. If needed, continue baking and check again.
4. Let stand for 5 minutes before serving.

SERVE WITH Mashed potatoes and peas, or roasted carrots.

MAKE IT EASIER Shape and glaze earlier in the day. Cover and refrigerate; cold loaves may need a few extra minutes.

10

Sloppy joe sandwiches

A familiar weeknight favorite made with a quick homemade sauce.

FROM YOUR BOX / 1 lb ground beef

SERVES 4 | ABOUT 25 MINUTES

YOU'LL NEED

1 lb ground beef
1 small onion, diced
1/2 bell pepper, finely diced
1 garlic clove, minced
1/2 cup ketchup; 1/4 cup water
1 tbsp tomato paste
1 tbsp Worcestershire sauce
1 tsp mustard; 1 tsp brown sugar
Salt and pepper, to taste
4 sandwich buns

MAKE IT

1. Cook beef, onion and pepper in a skillet over medium-high heat for 8-10 minutes, breaking up the meat, until beef reaches 160°F. Drain excess fat.
2. Add garlic and cook for 30 seconds. Stir in ketchup, water, tomato paste, Worcestershire, mustard and brown sugar.
3. Lower heat and simmer for 8-10 minutes, stirring, until thick enough to mound on a bun. Add a splash of water if it gets too thick.
4. Taste and season. Spoon onto buns just before eating.

SERVE WITH Pickles, slaw or sweet potato fries.

MAKE IT EASIER The filling can be made ahead. Keep buns separate so they stay fresh; reheat filling to 165°F.

More beef. More dinner options.

Your Medium box includes 4 steaks, 2 roasts (2-3 lb each), 2 lb stew beef, 12 lb ground beef, 1 lb stir fry or sirloin tips, 1 skirt steak and 1 cube steak.

Make the ten recipes first. That leaves 2 steaks, 1 roast, 1 lb stew beef, 5 lb ground beef, the skirt steak and the cube steak. Repeat the favorites or try these ideas.

SKIRT STEAK FAJITA NIGHT

For about 1 lb skirt steak, combine 1 tbsp oil, 1 tbsp lime juice, 1 tsp cumin, 1/2 tsp chili powder and 1/2 tsp salt. Coat steak and refrigerate for 30 minutes. Cook 1 sliced bell pepper and 1 sliced onion in a little oil until tender; set aside. Pat steak dry and sear in a hot skillet, about 3-5 minutes per side, to at least 145°F. Rest at least 3 minutes, then slice thinly across the grain. Serve with warm tortillas and vegetables. Scale seasonings to the steak's weight.

CUBE STEAK WITH ONION GRAVY

For about 1 lb cube steak, season with salt and pepper and dust with 2 tbsp flour. Brown in 1 tbsp oil over medium-high heat, about 2 minutes per side; transfer to a plate. Soften 1 sliced onion in the pan for 5 minutes. Stir in 1 tbsp flour, then gradually add 1 1/2 cups beef broth and 1 tsp Worcestershire. Return steak, cover and simmer gently for 30-45 minutes, until tender and at least 145°F, or the higher temperature on its label. Rest at least 3 minutes. Serve over mashed potatoes. Package size may vary; scale the recipe as needed.

REPEAT WHAT YOUR FAMILY LOVES

Use the extra steaks for another steak night, the extra roast for recipe 02 and the extra stew beef for recipe 03. The five extra ground-beef packs each make another batch of tacos, burgers, chili, mini meatloaves or sloppy joes. Double recipes only when your pan or pot has room; sear in batches.

A little planning. An easier dinner.

Choose a few recipes at a time. You don't need to thaw or cook the whole box in one week.

YOUR FLEXIBLE SHOPPING LIST

Produce: onions, garlic, potatoes, carrots, bell peppers, broccoli, green beans, lettuce, tomatoes, ginger and limes.

Pantry: rice, pasta, tortillas, burger/sandwich buns, breadcrumbs, flour, cornstarch, broth, marinara, crushed tomatoes, tomato paste and canned beans.

Fridge: butter, eggs, milk, cheese and favorite taco toppings.

Seasonings & sauces: oil, salt, pepper, chili powder, cumin, thyme, Italian seasoning, soy sauce, Worcestershire, ketchup, mustard and brown sugar.

SET YOURSELF UP FOR THE WEEK

Pick two quick dinners and one longer-cooking meal. Move only those beef packs to the refrigerator on a tray to thaw. Chop shared ingredients together. Label extra cooked sauce or filling with its name and date before freezing.

THAW, COOK & STORE

Thaw in the refrigerator, not on the counter. Keep the refrigerator at 40°F or below. After refrigerator thawing, cook ground beef and stew meat within 1-2 days; steaks and roasts within 3-5 days. Use a food thermometer: ground beef and meatloaf to 160°F; steaks and roasts to at least 145°F, then rest at least 3 minutes. Follow any higher temperature on the package. Reheat leftovers to 165°F.

Refrigerate cooked food in shallow containers within 2 hours, or 1 hour above 90°F. Use refrigerated leftovers within 3-4 days or freeze. Cooking times are estimates; cut thickness, appliances and pan size change the timing.

Food-safety reference: USDA Food Safety and Inspection Service. [Temperature chart](#) · [Leftovers](#) · [Refrigeration](#)

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Questions about a cut? Call or text Marinda: 252.398.7719.