

Virginia Strong

RECIPE GUIDE



Funded by Beef Farmers & Ranchers

Celebrating

Virginia Beef & Virginia Eggs

Every May, Virginia proudly recognizes **Beef Month** and **Egg Month** to celebrate two of our state's most iconic, nutrient-rich foods. This booklet celebrates their work and provides inspiration for featuring beef and eggs at your table.

Proudly Grown in Virginia

Behind every carton of eggs and every cut of beef is a Virginia farmer committed to quality, sustainability, and feeding their community.

Beef and Eggs have long been staples in Virginia kitchens, and when paired together, they create meals that are satisfying, balanced, and packed with high-quality protein.

Why Pair Beef and Eggs?

High-Quality Protein for Strength & Satiety

Beef and **Eggs** each provide complete, high-quality protein containing all the essential amino acids your body needs. Together, they create meals that support:

- Steady energy
- Muscle maintenance
- Fullness and appetite control
- Blood sugar stability

Nutrient Density in Every Bite

- **Beef** contributes iron, zinc, B vitamins, and selenium; nutrients essential for energy, immunity, and cognitive function.
- **Eggs** offer choline, vitamin B12, riboflavin, and antioxidants like lutein and zeaxanthin that support brain and eye health.

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Beef & Veggie Quiche

Ingredients

- 1/2 pound Ground Beef (80% lean or leaner)
- 1 refrigerated pie crust (1/2 of 14.1 ounce package)
- 1 tablespoon [Beef Sausage Seasoning Mix](#)
- 1 cup fresh baby spinach
- 1/4 cup cut fresh asparagus
- 1/4 cup chopped onion
- 1/4 cup chopped bell pepper
- 6 large eggs
- 1/2 cup heavy whipping cream
- 1/2 cup shredded Cheddar cheese

✓ **Cook Time**
60 Minutes

✓ **Servings 8**

Instructions

- Preheat oven to 350°F. Coat a 9-inch pie plate with cooking spray. Unfold the pie crust on a flat surface, pressing out fold lines with your fingers. Fit the crust into the pie plate, crimping the edge as desired; set aside.
- Heat a large skillet over medium heat. Add Ground Beef and seasoning mix; cook 4 to 5 minutes, breaking into small crumbles and stirring occasionally. Drain, if needed.
- Add spinach, asparagus, onion, and bell pepper; cook 3 to 5 minutes or until vegetables are softened. Let cool slightly.
- Whisk eggs and cream in a large mixing bowl. Gently stir in the beef-vegetable mixture. Pour into the prepared pie crust and sprinkle with cheese.
- Bake 40 to 45 minutes or until the egg mixture is set and just beginning to brown. Cool 5 to 10 minutes before cutting into wedges.



Beef Sausage & Egg Muffin Cups

Ingredients

- [1 recipe Basic Country Beef Breakfast Sausage](#)
- 1 can (4-1/2 ounces) chopped green chiles, undrained
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 5 large eggs
- 1/4 cup reduced-fat milk
- 1 to 2 teaspoons regular or chipotle hot pepper sauce

Instructions

- Preheat oven to 375°F. Coat a 12-cup standard muffin pan with cooking spray. Prepare Basic Country Beef Breakfast Sausage. Stir in chiles and cheese. Evenly divide mixture among muffin cups.
- Whisk eggs, milk, and hot sauce (if using) in a medium bowl. Pour evenly over the sausage mixture.
- Bake 17 to 20 minutes or until the egg mixture is set and just beginning to brown. Let stand 2 minutes. Loosen edges and remove from pan. Season with salt and pepper; garnish with desired toppings.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Dishes containing ground meat and eggs should be cooked to an internal temperature of 165°F. Color is not a reliable indicator of ground beef doneness.

✓ **Cook Time**
50 Minutes

✓ **Servings 6**



Breakfast Skillet Beef & Egg Tacos

Ingredients

- 8 ounces cooked (leftover) beef Steak or Roast, chopped (about 1-1/2 cups)
- 2 teaspoons vegetable oil
- 4 large eggs, beaten
- 1 cup frozen Mexican-style mixed vegetables
- 8 small flour tortillas or taco shells (about 6-inch diameter), warmed
- Crumbled queso blanco or shredded reduced-fat Mexican cheese blend (optional)

Toppings (optional):

- Salsa, guacamole, sour cream, fresh cilantro, black beans, chopped avocado

Instructions

- Heat oil in a large nonstick skillet over medium heat. Add eggs and vegetables; cook 1 to 3 minutes, stirring occasionally, until the eggs are scrambled and just set.
- Stir in the beef steak; cook 1 minute or until heated through.
- Divide the beef mixture evenly among tortillas. Top with cheese, if desired. Serve with desired toppings.

✓ **Cook Time**
30 Minutes

✓ **Servings 4**



Breakfast Nachos

Ingredients

- 1 beef Strip Steak Boneless, cut 3/4-inch thick (8 to 10 ounces)
- 1-1/2 cups Salsa Verde, divided
- 3 cups frozen potato puffs
- 2 eggs, beaten
- 1/2 cup diced red bell pepper
- 1/2 cup shredded reduced-fat Mexican cheese blend

Toppings (optional):

- Chopped green onions, cilantro sprigs, diced seeded tomatoes

✓ **Cook Time**
40 Minutes

✓ **Servings 4**

Instructions

- Place beef steak and 1/2 cup Salsa Verde in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 30 minutes.
- Meanwhile, place potato puffs in single layer on aluminum foil-lined rimmed baking sheet; bake according to package directions or until browned and crisp.
- Remove steak from marinade; discard marinade. Heat small skillet over medium heat until hot. Scramble eggs; set aside. Place steak on grid over medium, ash-covered coals. Grill, covered, 7 to 10 minutes (over medium heat on preheated gas grill, covered 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Remove; let rest 5 minutes. Slice steak lengthwise into thirds, then crosswise into 1/4-inch thick pieces. Keep warm.
- Push potato puffs close together in single layer so edges touch slightly. Evenly layer with eggs, bell pepper and cheese. Return to oven; bake 6 to 8 minutes until heated through and cheese is melted. Top with steak slices. Serve nachos with remaining 1 cup Salsa Verde on the side.



Beef & Egg Tamale Skillet

Ingredients

- 12 ounces cooked beef (such as roast, steak or pot roast), cut into bite-size pieces or shredded
- 1 tablespoon vegetable oil
- 1 medium red or green bell pepper, chopped
- 1 teaspoon minced garlic
- 4 large eggs, beaten
- 2 to 3 cups (2 ounces) baked or regular tortilla chips
- 1 cup thick and chunky salsa
- 1/2 cup shredded Mexican cheese blend or Cheddar cheese (optional)

Toppings (optional):

- Additional salsa, sour cream, lime wedges, chopped avocado, chopped tomato, fresh chopped cilantro

Instructions

- Heat oil in a large nonstick skillet over medium heat. Add bell pepper and garlic; cook 4 to 6 minutes, stirring occasionally, until the pepper is crisp-tender.
- Add eggs and tortilla chips. Cook 30 to 60 seconds, stirring constantly, until the eggs begin to set. Stir in beef and salsa; cook 2 to 4 minutes or until the beef is heated through. Season with salt and pepper, as desired.
- Sprinkle with cheese, if using; remove from heat. Let stand, uncovered, for 1 minute. Serve with desired toppings.

✓ **Cook Time**
25 Minutes

✓ **Servings 4**



Brisket Deviled Eggs

Ingredients

- 1/2 cup cooked (Leftover) Smoked Beef Brisket, chopped, divided
- 6 hard-boiled eggs, peeled and halved
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon yellow mustard
- 1 teaspoon water
- 1/8 teaspoon garlic salt
- 1 jalapeno pepper, seeded and chopped
- 1/2 teaspoon smoked paprika

✓ **Cook Time**
25 Minutes

✓ **Servings 6**

Instructions

- Reserve 2 tablespoons brisket; set aside.
- In a large mixing bowl, combine egg yolks, mayonnaise, mustard, water and garlic salt until smooth. Stir in remaining brisket and jalapeno.
- Divide mixture evenly and spoon into egg whites. Top with reserved brisket and sprinkle with paprika. Refrigerate, covered, until serving.

Cook's Tip:

To hard-boil eggs, place eggs in pan and fill with enough water to cover eggs by one inch. Heat just to boiling; cover pan and let eggs stand for 15 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled.



Garlic & Herb Egg Steak Salad

Ingredients

- 1 beef top sirloin steak, cut 3/4 inch thick (about 1 pound)
- 1 tablespoon garlic & herb or onion & herb no-salt seasoning
- 1 medium red onion, cut into 1/2-inch thick slices
- 6 cups fresh baby spinach
- 1 medium tomato, cut into wedges
- 3 hard-boiled eggs, peeled and sliced

Dressing:

- 2 tablespoons honey mustard
- 2 tablespoons olive oil
- 1 tablespoon water
- 2 teaspoons garlic & herb or onion & herb no-salt seasoning
- 2 teaspoons fresh lemon juice

✓ **Cook Time**
25 Minutes

✓ **Servings 4**

Instructions

- Combine dressing ingredients in small bowl. Reserve 1/4 cup dressing for salad. Brush remaining dressing on onion slices.
- Press 1 tablespoon seasoning blend evenly onto beef Top Sirloin Steak Boneless. Place steak in center of grid over medium, ash-covered coals; arrange onion slices around steak. Grill steak, covered, 7 to 11 minutes (over medium heat on preheated gas grill, covered, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill onion 10 to 12 minutes (gas grill times remain the same) or until tender, turning occasionally.
- Carve beef into slices. Divide spinach evenly among four plates. Top with steak slices, tomatoes, onions and eggs. Drizzle evenly with reserved 1/4 cup dressing.

Cook's Tip: To hard-boil eggs, place eggs in pan and fill with enough water to cover eggs by one inch. Heat just to boiling; cover pan and let eggs stand for 15 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled.



Fried Egg Burger

Ingredients

- 6 slices applewood smoked bacon
- 1.5 lbs 90% lean coarse ground beef, (6 patties, 4 ounces each)
- Salt, to taste
- Ground black pepper, to taste
- 6 sesame brioche buns
- 2 Tbsp melted butter
- 6 large eggs
- 6 slices sharp cheddar cheese
- 3 cups baby arugula

Condiments: hot pepper sauce, pickle slices, coarse grain mustard, grilled red onions, as desired



Cook Time
35 Minutes



Servings 6

Instructions

- Crisp cook bacon; drain off fat. Cut slices in half; keep warm.
- Season patties with salt and pepper to taste. Grill or pan-fry until thoroughly cooked to an internal temperature of 160°F, measured with a food thermometer. Keep warm.
- Lightly brush cut side of buns with butter; grill or toast buns.
- Pan fry eggs over medium heat until whites are set, completely coagulated and firm and yolk is no longer runny. Turn eggs over if desired, for additional firmness of yolks. Keep warm.
- To serve, place a cooked burger on bottom of bun, top with slice of cheese. Broil just until cheese is melted. Top cheese with a fried egg, 2 pieces criss-crossed bacon, and about 1/2 cup or arugula. Cover with bun top. Add condiments as desired. Serve immediately.



Steak and Eggs

Ingredients

- 2 beef steaks (such as ribeye, strip, or sirloin; 6–8 oz each)
- 1–2 Tbsp olive oil or butter
- Salt and freshly ground black pepper
- 4 large eggs

Optional

- Fresh herbs (parsley, chives, or thyme)
- Hot sauce or salsa for serving

✓ **Cook Time**
25 Minutes

✓ **Servings 2**

Instructions

- Pat steaks dry and season both sides generously with salt and pepper.
- Heat oil in a large skillet over medium-high heat. Add steaks and cook 3 to 5 minutes per side or until they reach your desired doneness.
- For safety, cook steak to at least 145°F with a 3-minute rest before serving.
- Remove steaks from skillet and let rest. Reduce heat to medium and add butter or oil.
- Crack eggs into the skillet and cook sunny-side-up or to your preferred style until whites are fully set.
- For safety, cook eggs until whites are set and yolks begin to thicken.
- Serve steaks with eggs alongside. Garnish with herbs, if desired.



Saucy Beef with Baked Eggs

Ingredients

- 1 pound ground beef (93% lean or leaner)
- 2 medium jalapeño peppers, finely chopped
- 2 tablespoons minced garlic
- 2 tablespoons smoked paprika
- 1 tablespoon ground cumin
- 2 cans (15 ounces each) no-salt added or regular tomato sauce
- 6 large eggs
- 6 slices Rustic-style bread, toasted
- Fresh cilantro leaves

✓ **Cook Time**
45 Minutes

✓ **Servings 6**

Instructions

- Preheat oven to 400°F. Heat a large ovenproof nonstick skillet over medium heat. Add Ground Beef, jalapeño peppers, garlic, paprika, and cumin; cook 8 to 10 minutes, breaking beef into small crumbles and stirring occasionally. Stir in tomato sauce; cook 3 to 5 minutes or until the sauce is slightly reduced, stirring frequently.
- Using the back of a spoon, make six indentations in the sauce. Crack one egg into each indentation. Transfer the skillet to the oven and bake, uncovered, 16 to 17 minutes or until the egg whites are completely set and the yolks begin to thicken but are not hard.
- Spoon the beef mixture and eggs evenly over bread slices. Garnish with cilantro, if desired.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.



Meatloaf Deluxe

Ingredients

- 4-5 large eggs, hard-boiled
- 2 large egg, beaten
- 2 pounds ground beef (80% lean)
- 1 cup garlic herb bread or seasoned crumbs
- ½ cup onion, chopped
- ⅓ cup Worcestershire sauce
- 1 tsp . salt
- ¼ tsp . black pepper
- 2 garlic cloves, minced
- ¾ cup low-sodium ketchup, divided

✓ **Cook Time**
40 Minutes

✓ **Servings 6**

Instructions

- Preheat oven to 375°F. In a large mixing bowl add all ingredients (other than hard boiled eggs) and ¼ cup ketchup. Knead by hand until evenly combined and very smooth.
- Place parchment or foil on baking sheet and on this, arrange half meat mixture into a log.
- Arrange hard-boiled eggs, end to end down the center, and top with remaining meat mixture, pressing edges together.
- Bake for 20 minutes; remove from oven; brush top of meatloaf with ¼ cup ketchup; return to oven for 10 minutes.
- Spread on the rest of the ketchup and return to oven again for at least another 15 minutes, or until internal temperature reaches 160°F.
- Remove from oven and let sit 5-10 minutes; remove from baking sheet; slice crosswise into six even slices and serve.



Beef, Potato & Egg Dinner Skillet

Ingredients

- 1 pound lean ground beef
- 1 pound potatoes, diced small (½-inch pieces)
- 1 small onion, diced (optional but recommended)
- 2 cloves garlic, minced (or 1 teaspoon granulated garlic)
- 1 teaspoon paprika
- 1 teaspoon dried thyme or Italian seasoning
- ½ teaspoon crushed red pepper (optional)
- Salt and ground black pepper, to taste
- 4 large eggs
- 1–2 tablespoons olive oil
- Fresh herbs or arugula for serving

✓ **Cook Time**
35 Minutes

✓ **Servings 4**

Instructions

- Preheat oven to 400°F.
- Heat oil in an oven safe skillet over medium heat. Add diced potatoes and a pinch of salt. Cook 8–10 minutes, stirring occasionally, until lightly browned and starting to soften.
- Add ground beef and onion to the skillet. Cook until beef is browned and fully cooked, breaking it into crumbles.
- Stir in garlic, paprika, thyme, crushed red pepper, salt, and black pepper. Cook 1–2 minutes until fragrant. Taste and adjust seasoning.
- Use a spoon to create 4 small indentations in the beef-potato mixture. Crack one egg into each well.
- Transfer the skillet to the preheated oven. Bake 6–10 minutes, until egg whites are fully set and yolks are no longer runny. Spoon into bowls and top with fresh herbs or arugula.



Food Safety & Cooking Tips

Keep your Beef + Egg dishes safe & delicious.

Safe Food Handling Essentials

- Wash hands with soap and water before cooking and after touching raw meat.
- Keep raw meat and raw eggs separate from other foods.
- Wash cutting boards, utensils, and surfaces after contact with raw meat or eggs.
- Never reuse marinades used on raw foods.
- Wash all produce before use.
- Refrigerate leftovers promptly.

Cooking Temperatures

Beef

- Steaks & Roasts: Cook to 145°F for medium rare; let rest for 3-5 minutes.
- Ground Beef: Cook to 160°F.

Eggs

- Cook eggs until both the yolk and white are firm.
- Cook egg dishes containing meat (such as breakfast casseroles, scrambles with ground beef, or frittatas with steak) should reach 165°F.
- Scrambled eggs should be cooked until thickened and no longer runny.
- Keep cold egg dishes chilled ($\leq 40^{\circ}\text{F}$) and hot dishes at $\geq 140^{\circ}\text{F}$ when serving.
- Refrigerate eggs promptly and avoid leaving them out for more than 2 hours.

More on Beef food safety and cooking guidance:

beefitswhatsfordinner.com/cooking/food-safety

More on Egg safety and cooking guidance:

incredibleegg.org/cooking-school/eggyclopedia/egg-safety



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