



# Food Bites



July 2015



## Summer Grilling Safety Tips!!!

### Safe Grilling

- ~ Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.
- ~ Take only as much food out of the cooler as you're going to cook right then.
- ~ When meat is cooked, transfer to a clean plate or platter - never place cooked meat on a platter which held raw meat.
- ~ The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot.
- ~ Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.



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## SPAGHETTI MEATBALLS

- 1 lb lean ground beef
- 1 envelope spaghetti Sauce Mix

In a bowl, combine beef and sauce mix. Shape into 1 inch balls. Place in a shallow 2 quart microwave safe dish. Cover and microwave for 3 minutes. Rotate a quarter turn. Microwave 2 minutes longer or until meat is no longer pink; drain.



## TEX-MEX MEAT LOAF

- 1 can tomato sauce
  - 1/3 cup crushed tortilla chips
  - 1/4 cup chopped onion
  - 2 Tbsp chopped green pepper
  - 1 envelope taco seasoning
  - 1 lb ground beef

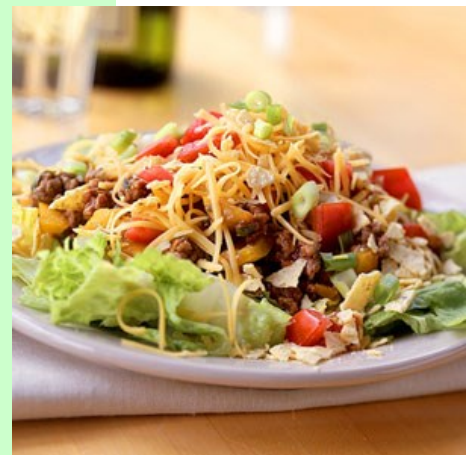


In a large bowl, combine 1 cup of tomato sauce, chips, onion, green pepper and taco seasoning. Crumble beef over mixture and mix well. Pat into a greased 9-in. x 5-in. loaf pan. Bake, uncovered, at 350° for 1 hour or until the meat is no longer pink and a meat thermometer reads 160°; drain. Heat the remaining tomato sauce. Slice meat loaf; top with tomato sauce.

## SIMPLE SUMMER SALAD

- 1 lb ground beef
- 3 cups torn lettuce
- 2 cups shredded cheddar cheese
- 1 tomato, chopped
- 1 onion, chopped
- 4 hard boiled eggs, chopped
- 1/2 to 3/4 cup mayonnaise
- Salt & Pepper to taste

In a skillet, cook beef over medium heat until no longer pink; drain. Cool for 5 minutes. In a large bowl, toss the lettuce, cheese, tomato, onion, eggs and beef. Add mayonnaise, salt and pepper; toss to coat. Serve immediately.







## Burger Battle: Ground Beef vs. Ground Turkey

Before you decide to swap Ground Turkey for Ground Beef, check the Nutrition Facts Label to make sure you're making the best substitution for your health. Ground Beef has more of many essential micronutrients and can be lower in calories, fat and cholesterol than Ground Turkey. Here are the facts when comparing USDA's data on 93% lean/7% fat cooked patties:

**Check the Nutrition Facts label to determine the lean to fat ratio, shown as % lean, % fat.**



### Ground Beef (93% lean/7% fat)

Serving Size: 3 oz (Cooked)		Daily Value:
Calories	162kcal	8%
Total Fat	7.5g	11%
Saturated Fat	3.1g	16%
Cholesterol	68mg	23%
Protein	22.3g	45%
Iron	2.4mg	13%
Zinc	5.5mg	36%
Vitamin B <sub>6</sub>	0.3mg	17%
Vitamin B <sub>12</sub>	2.1mcg	36%
Selenium	18.4mcg	26%



### Ground Turkey (93% lean/7% fat)

Serving Size: 3 oz (Cooked)		Daily Value:
Calories	176kcal	9%
Total Fat	9.7g	15%
Saturated Fat	2.5g	13%
Cholesterol	90mg	30%
Protein	22g	44%
Iron	1.5mg	8%
Zinc	3.2mg	21%
Vitamin B <sub>6</sub>	0.4mg	20%
Vitamin B <sub>12</sub>	1.5mcg	26%
Selenium	N/A	N/A

Americans may be surprised to learn that one of their favorite proteins, beef, provides several health benefits and is simple to prepare when each beef cut is matched to its correct cooking technique. So, fire up that grill or pre-heat that oven because we've got some surprising facts that are busting the myths about beef.

## MYTH VS FACT

**Myth #1: Beef consumption should be limited because it's bad for your heart and raises cholesterol.**

**FACT:** Beef can be good for heart health. In fact, [research shows](#) that eating lean beef every day, as part of a heart-healthy diet, can lower LDL (bad) cholesterol levels by as much as 10 percent, comparable to any other recommended heart-healthy diet.<sup>1</sup> This research provides convincing support that nutrient-rich lean beef can be a regular part of a healthy diet. There are many healthy, lean beef choices that help reduce the risk of heart disease.<sup>1,2</sup>

**Myth #2: Americans already get too much protein.**

**FACT:** Despite other changes in the way we eat, Americans have not increased their percentage of calories from protein in 30 years. Research shows that, on average, Americans consume 5.1 ounces of protein foods daily, which is within the [2010 Dietary Guidelines for Americans](#) recommendation of 5.5 ounces for the Protein Group.<sup>3</sup> Many Americans could benefit from adding high-quality lean protein to their diets because of its beneficial role in weight management, healthy aging and disease prevention.<sup>4</sup>

**Myth #3: Americans eat too much red meat, especially beef.**

**FACT:** Americans are eating beef at levels that fit a variety of healthy eating patterns, which can meet the goals of the [2010 Dietary Guidelines for Americans](#). Americans are currently consuming 1.7 ounces of beef daily, well within the recommended amount of 5.5 ounces from the Protein

Group.<sup>5</sup> Calorie-for-calorie, lean beef is one of the most [naturally nutrient-rich](#) foods, providing 10 essential nutrients including protein, zinc and B vitamins for less than 10 grams of fat per serving.<sup>2</sup>

**Myth #4: Beef is the primary source of fat and cholesterol in the diet.**

**FACT:** Beef contributes less than 10 percent of saturated fat and total fat in the diet,<sup>5</sup> and contributes less cholesterol to Americans' diets (11%) compared to chicken (12%) and eggs (25%).<sup>3</sup> Also, beef is considered a [primary source of monounsaturated fat](#) in the diet.<sup>6</sup> Monounsaturated fat is the type of heart-healthy fat found in olive oil.

**Myth #5: Lean cuts of beef are not easy to find in the grocery store.**

**FACT:** Today's beef is leaner than ever, and 69 percent of all beef muscle cuts sold at grocery stores are lean.<sup>8</sup> Popular cuts include Top Sirloin steak, Tenderloin, T-Bone steak and 95% lean Ground Beef.

**Myth #6: Beef is difficult and time-consuming to prepare.**

**FACT:** Preparing beef is easy using common ingredients and matching the right cooking method to the right cut. There are endless [culinary possibilities](#) for the many cuts of lean beef, offering variety and flexibility. Lean beef is a nutrient-rich protein that pairs perfectly with fruits, vegetables and whole grains. And, it can be easily integrated into a healthy and active lifestyle.

### What is lean\*?

- Less than 10 g total fat
  - Less than or equal to 4.5 g saturated fat
  - Less than 95 mg cholesterol
- Per 100 grams (3.5 oz)



\*FDA Office of Nutrition, Labeling, and Dietary Supplements, Food Labeling Guide, October 2009 ([www.fda.gov/FoodLabelingGuide](http://www.fda.gov/FoodLabelingGuide))





# Surprising Facts about Lean Beef

## **Build the Perfect Plate with Lean Beef**

Now that we've sorted out the beef myths, it's time to take it to the plate with a delicious, nutritious lean beef recipe that can be prepared in 30 minutes or less. Here is an easy meal to whip up if you have lean Ground Beef and a few other common ingredients on hand.

### **Sweet & Tangy Sloppy Joes**

**Total Recipe Time: 20 to 25 minutes**

#### **Ingredients**

- 1 pound Ground Beef (96% lean)
- 1 medium yellow, green or red bell pepper, chopped
- 3/4 cup finely chopped onion
- 1 can (11-1/2 ounces) regular or reduced-sodium spicy 100% vegetable juice
- 3 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce
- 4 whole or honey wheat hamburger buns or Kaiser rolls, split

#### **Instructions**

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4 inch crumbles and stirring occasionally.
2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
3. Evenly place beef mixture on bottom half of each bun; close sandwiches.



**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.

**Nutrition information per serving:** 331 calories; 6 g fat (2 g saturated fat; 1 g monounsaturated fat); 65 mg cholesterol; 563 mg sodium; 43 g carbohydrate; 4.9 g fiber; 27 g protein; 7.2 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 4.6 mg iron; 39.2 mcg selenium; 6.3 mg zinc; 93.5 mg choline.

*This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of choline.*

This and other lean beef recipes can be found on [BeefNutrition.org](http://BeefNutrition.org)

1. Roussell MA, et al. Beef in an Optimal Lean Diet study: Effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012; 95(1):9-16.  
2. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>  
3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.  
4. Wolfe, R. The underappreciated role of muscle in health and disease. Am J Clin Nutr 2006; 84:475-82.  
5. Zanovec M, et al. Lean beef contribute significant amounts of key nutrients to the diets of US adults: National Health and Nutrition Examination Survey 1999-2004. Nut Res 2010; 30:375-81.

6. National Cancer Institute. Table 1. Food sources of oleic acid (MFA 18:1), listed in descending order by percentages of their contribution to intake, based on data from the National Health and Nutrition Examination Survey 2005-2006. Available at: [http://riskfactor.cancer.gov/diet/foodsources/fatty\\_acids/table1.html](http://riskfactor.cancer.gov/diet/foodsources/fatty_acids/table1.html).

7 U.S. Department of Health and Human Services. U.S Food and Drug Administration. Federal Register Final Rule- 72 FR 1455 January 12, 2007: Food Labeling: Nutrient Content Claims, Expansion of the Nutrient Content Claim "Lean." Available at: <http://www.fda.gov/Food/LabelingNutrition/LabelClaims/NutrientContentClaims/ucm074942.htm>.

8. Fresh Look Marketing Group, Total US Beef, 52 Weeks Ending 1/22/2012

# GRANDMA'S SLOPPY JOES

- 1 lb ground beef
- 1 large onion, chopped
- 1 1/2 cups ketchup
- 3/4 cup sweet pickle relish
- 1/2 cup packed brown sugar
- 8 hamburger buns, split



In a large skillet, cook beef and onion over medium heat until the meat is no longer pink; drain. Stir in the ketchup, relish and brown sugar; mix well. Cover and simmer for 30 minutes or until heated through. Spoon onto buns.



# WILD RICE BURGERS

- 1 cup cooked wild rice
- 1 onion, chopped
- 1/4 cup chopped mushrooms
- 1/4 cup chopped green pepper
- 1 lb ground beef
- 6 hamburger buns, split
- Salt & Pepper to taste



In a bowl, combine the rice, onion, mushrooms, green pepper, salt and pepper. Crumble beef over mixture; mix well. Shape into six patties. Grill or broil until no longer pink. Serve on buns.



- 1 lb lean ground beef
- 4 medium potatoes, peeled and diced
- 2 cups fresh or frozen corn
- 1 small onion, chopped
- 1 can cream of mushroom soup
- Salt & Pepper to taste

## EASY SKILLET SUPPER

1. Crumble beef into a large skillet. Top with potatoes, corn and onion. Sprinkle with salt and pepper. Spread soup over the top.
2. Cover and cook over medium heat for 10 minutes. Reduce heat; cover and simmer for 30-45 minutes or until meat is no longer pink and potatoes are tender.



## HAMBURGER HASH

- 1/2 Lb ground beef
- 1 can chicken and rice soup
- 1 1/3 cups water
- 1/2 cup uncooked long grain rice



In a skillet, cook beef over medium heat until no longer pink; drain. Add soup, water and rice; mix well. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until rice is tender.

# GROUND BEEF THAWING

RECIPE READY IN A FEW EASY STEPS



We've all been there – it's 5:30, the kids are starving, and all you've got in the freezer is a rock hard pound of frozen **Ground Beef**. Don't panic! Follow these simple steps and you'll have a quick and delicious beef meal on the table in no time!

## WHAT YOU NEED



Frozen Ground Beef



Microwave-safe storage bag (gallon size)



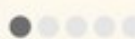
Microwave

TIME:



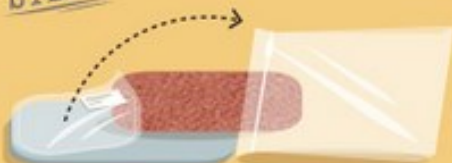
About 4 minutes  
(depending on  
your microwave)

DIFFICULTY:



Super easy!

### STEP 1



Remove your pound of frozen **Ground Beef** from packaging and place in a gallon size storage bag.

### STEP 2



Seal the storage bag, leaving a small opening for steam to escape.

### STEP 3



Heat the bag in the microwave (on a microwave-safe plate) for 1 minute on HIGH.

### STEP 6



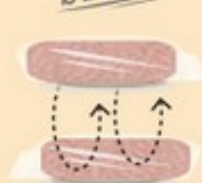
Remove beef from the microwave and massage the bag.

### STEP 5



Heat on HIGH for 1 more minute then wait 1 minute.

### STEP 4



Flip the bag over.

### STEP 7



Heat for 30 sec  
On HIGH  
Rest 30 sec

If needed, heat on HIGH for 30 seconds longer, followed by 30 seconds rest.

The leaner your **Ground Beef**, the less time in the microwave.

### STEP 8



Immediately cook your **Ground Beef** to 160° F.

ENJOY!



### TIP

The **Ground Beef** should not be hot to the touch. You don't want to cook the meat, just thaw it enough to form it into your desired shape.

FOR MORE INFORMATION, COOKING TIPS AND RECIPES, PLEASE VISIT  
[BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

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## Cook foods to a safe internal temperature

Cook foods to a safe internal temperature so harmful germs are killed. Meat and poultry cooked on a grill can brown very quickly, making it look like it is done. However, **the only way to tell if a food is cooked enough is to measure the internal temperature with a food thermometer.** The chart below shows the minimum internal temperature that a food needs to be in order to be eaten safely.

Food	Minimum internal temperature
Beef, veal, and lamb steaks, and roasts	145 degrees F (medium rare) 160 degrees F (medium)
Hamburgers (made from ground beef)	160 degrees F
Poultry (whole, ground, parts)	165 degrees F
Pork (all cuts)	145 degrees F
Hot dogs (already cooked)	165 degrees F



To check the temperature, place the thermometer in the center-most part of the food – away from any bone. If the food is not done, continue to cook. Be sure to wash the thermometer before reusing.



Flip meat, poultry, and fish at least one time to ensure even cooking. If you are cooking fish that is thin (less than ½ inch thick), turning is not necessary.

After cooking whole cuts of meat (beef, veal, lamb, and pork) to the recommended internal temperature, remove from heat and allow to stand (or rest) for 3 minutes before serving.

To reduce grilling time, you can partially cook foods in a microwave, oven or stove. Just be sure that those foods are immediately placed on a preheated grill to finish the cooking process.

## Keep hot foods hot

Keep cooked meat, poultry, fish, and seafood at 140 degrees or warmer until served. Keep cooked meats warm by moving them to the side of the grill, not directly over the coals where they could overcook. At home, place them in an oven set at 200 degrees F or in a slow cooker.

## Eat or refrigerate cooked foods right away

Cooked foods like meat, poultry, fish or seafood should be eaten or refrigerated right away. Never let them sit out for more than 2 hours. When the weather is warm (90 degrees or above), cooked foods should be eaten or stored within 1 hour. Foods left out for more than 2 hours (1 hour if it is 90 degrees or above) should be thrown away.



# Food Bites

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