



University of Nevada
Cooperative Extension

Your foodLINK



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Go Lean with Protein and Keep Food Safe

Healthy Recipe

Easy Supper

½ pound lean ground beef
1 onion, chopped
1 c. macaroni, uncooked
2½ c. tomato juice
½ t. salt
¼ t. pepper
½ t. chili powder
1 t. oregano, crushed
1 (15½ oz.) can beans with Mexican or "chili" seasoning

In an electric skillet or large frying pan, brown ground beef. Drain browned meat in a fine mesh strainer and rinse under hot water to remove fat. Wipe out the skillet with a paper towel to remove grease and return meat to the skillet. Add chopped onion and cook till clear. Turn heat down to low or the electric skillet to simmer and add the macaroni, tomato juice, salt, pepper, chili powder, oregano and can of beans. Stir to combine. Simmer, covered, for 20 minutes. Stir and sprinkle top with 1 cup reduced fat cheddar cheese, cover and let the cheese melt. Serve hot.
Makes 4-1 cup servings.

Recipe from the Northarvest Bean Growers Association

References: Adapted from Healthy Families EFNEP curriculum, Colorado State University Cooperative Extension and University of California Cooperative Extension.

Center for Nutrition Policy and Promotion, United States Department of Agriculture, www.mypyramid.gov

Parenting Tip:

Teach Kids to Wash Their Hands Thoroughly

Handwashing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Teach children to wash their hands for 20 seconds by singing "Happy Birthday" or the ABC Song. Here's the proper technique: first, wet hands in warm running water; add soap and wash for 20 seconds; rise thoroughly in warm running water; dry with a clean paper towel; turn off water with the paper towel.

Why are protein foods important?

Protein is important for building muscles. It also keeps us strong and healthy and helps children grow. Many protein foods are good sources of iron which is needed for healthy blood and preventing anemia which causes us to feel tired.

How much do we need each day?

Ages 2-13 – 2-5 ounce equivalents
Ages 14+ – 5-6½ ounce equivalents

What is an ounce equivalent?

1 ounce of meat, poultry or fish
¼ cup cooked dry beans
¼ cup tofu
1 egg
1 tablespoon of peanut butter
½ ounce of nuts or seeds

Choose the leanest cuts of meat:

- ◆ The leanest beef cuts include round steaks and roasts, top loin steak, top sirloin, shoulder steak, flank steak and chuck shoulder and arm pot roasts.
- ◆ The leanest pork choices include pork loin, tenderloin, center loin and ham.
- ◆ Choose extra lean ground beef. The label should say at least "95% lean."

- ◆ Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- ◆ Choose lean or low-fat luncheon meats.

Keep it lean:

- ◆ Trim away all visible fat from meats before cooking.
- ◆ Broil, grill or roast meat, poultry or fish instead of frying.
- ◆ Drain off any fat that occurs during cooking.
- ◆ Prepare dry beans and peas without added fats.
- ◆ Choose and prepare foods without high fat sauces or gravies.

KEEPING FOOD SAFE

Clean

- Wash hands in hot soapy water for 20 seconds.
- Wash surfaces and utensils in hot soapy water.

Separate

- Separate raw meat from other food in the refrigerator.
- Put cooked food on a clean plate.
- Store raw meat, covered, in the refrigerator.

Cook

- Use a food thermometer when cooking meat.

Chill

- Use a thermometer to be sure refrigerator is 40°F or below.
- Refrigerate or freeze prepared food within 2 hours.
- Never thaw at room temperature. Thaw food in the refrigerator or microwave just before cooking.

The Supplementary Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900 ext. 47200 or visit www.welfare.state.nv.us. All organizations contributing to this publication are equal opportunity providers and

