

MONEY SAVING MEATS

When buying meat, consider the number of servings in a piece of meat.

Boneless and lean steaks,
chicken breasts and fish

- buy 3 to 4 ounces of raw meat for each adult.

Most steaks, pork chops, roasts, chicken
and hamburger

- buy 4 ounces of raw meat for each adult.

Meats with a lot of bone or fat (ribs)

- buy 8 ounces of raw meat for each adult.

The cut of meat with the lowest price per pound is not always the best buy.

Some of these meats are high in fat and bone which your family will not be eating.

Serve more vegetables,
whole grain pasta
or breads,
and fruits
with your meals.



Meals without meat can be just as healthy as meals with meat.

Dried Beans and Peas

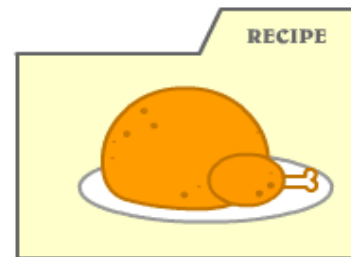
Bean Soup, Split Pea Soup
Beans and Rice Dishes
Refried Bean Burrito

Peanut Butter

Peanut Butter Sandwich

Eggs

Fried Egg Sandwich
Scrambled Eggs



Low Cost Choices

♥ Turkey is a great buy!

Roast a turkey and freeze leftover meat for quick meals. Cooked turkey can be stored in the freezer for up to 4 months.

♥ Large turkeys and chickens are a better buy than small turkeys and chickens.

Large birds have a larger amount of meat than bone.

♥ Keep frozen boneless chicken breasts in your freezer.

They can make quick and easy meals – salads, sandwiches, stir frys and pasta dishes.

♥ Go fishing! Fish caught in your local rivers and lakes taste great and are almost free.

Go fishing in a safe lake – check with your local health department if you are not sure where to fish.

An adult serving is 2 to 3 ounces of cooked meat, which is the size of a deck of cards.

Meat shrinks about 25% when cooked.

Buy about 4 ounces of raw meat to make a 3 ounce serving.

Spanish Rice

- 1 pound ground beef (at least 92% lean)
- ½ cup chopped onion
- ½ cup chopped green or red pepper
- 1 stalk chopped celery
- 1 can (14.5 ounces) chopped tomatoes
- 1 can (10.75 ounces) tomato soup
- 2 cups cooked brown rice
- 1 teaspoon chili powder

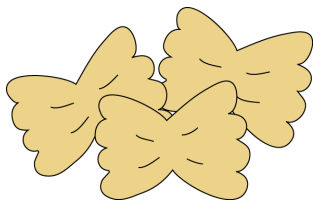


- 1 Heat a large skillet over medium-high heat on top of the stove. Cook the ground beef in a skillet until it is brown and broken into small pieces. Drain off any extra fat.
- 2 Add onions, peppers and celery to the meat. Cook and stir for 1 more minute.
- 3 Add tomatoes, tomato soup, rice and chili powder. Spoon the mixture into a casserole dish.
- 4 Cover and bake in a 350° oven for 30 to 40 minutes.

8 servings (1 cup serving)– 222 calories, 8.6 grams fat, 35% calories from fat and 2.9 grams of fiber per serving

This Spanish Rice can be put together the night before a busy day.

Store it in the refrigerator until you are ready to bake.



Spanish Bow Ties

- 1 pound ground beef (at least 92% lean)
- 1 small onion, chopped
- 8 ounces farfalle or bow tie pasta
- 2 cans (14.5 ounces each) chopped tomatoes with green chilies
- Salt and pepper to taste

- 1 Cook pasta in a large pot of salted boiling water for 8 to 10 minutes. Drain water off pasta.
- 2 Cook ground beef and onion in a large skillet until meat is browned. Drain off any extra fat.
- 3 Add cooked pasta and undrained tomatoes to hamburger and onion in skillet. Season with salt and pepper.
- 4 Reduce heat to low. Simmer until liquid is absorbed, stirring occasionally.

8 servings (1 cup serving)– 188 calories, 8 grams fat, 38% calories from fat and 2 grams of fiber per serving



What can you do?

- Buy frozen chicken breasts and lean ground meats for quick meals.
- Prepare a couple meatless meals during the week.
- Cook the Spanish Bow Ties for my family.
- Other: _____