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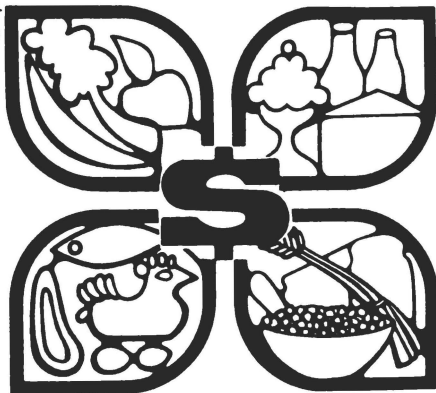
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FOODS AND NUTRITION

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GROUND BEEF

Ground beef can be prepared in lots of different ways. Hamburgers, spaghetti, and meat loaf may be the favorites of your family, but try some of these recipes.

Regular ground beef is probably a better buy than lean or extra-lean ground beef. Products made from regular ground beef are usually juicier and a bit tastier because of the higher fat content. You can dip-off the fat which cooks out if you are trying to cut calories.

Check the price per pound. Large packages (chubs) may cost less per pound than one-pound trays. Be sure you can use all of the ground beef in a day or two or have freezer space for it. Throwing away spoiled meat is a waste of money.

You can count on getting at least 4 servings from a pound of ground beef. A quarter-pound of ground beef after cooking will supply a third to a half of the protein a person needs in a day. If you stretch the pound of ground beef to make more servings, then each serving will have less protein. That's not all bad because we get protein from other foods in the meal and during the day.

A good idea for persons who are trying to fill up hungry teenagers is to make two hamburgers out of the quarter pound of meat. The buns will help to fill that always empty space.

Add about a fourth of a cup of dry milk to a pound of ground beef when making hamburger patties. The dry milk will add to the protein content, but more importantly it helps to hold-in moisture. Oatmeal or bread crumbs can be used in place of dry milk. Use one-half cup per pound.

Beef to be ground is handled by several people. It can pick up bacteria from a worker's hand, from a sneeze or cough, an infected sore, or from a dirty work surface or grinder. If there are enough bacteria, you may get an upset stomach. To keep that from happening, store hamburger in the coldest part of the refrigerator for no more than 3 days. Cooking ground beef to the well-done stage will kill most bacteria.

Much of the ground beef we buy is made from frozen beef. There's nothing wrong with that, but the quality of ground beef does go down each time it is thawed and refrozen. If you plan to freeze ground beef, freeze in separate packages the amounts you can use in one meal. A 3- or 5-lb package can be cut into 1-lb lots for freezing. Wrap the meat in heavy-duty aluminum foil or freezer paper or drop in a plastic bag. Be sure that all of the meat is covered. Press as much air out of the package as you can to prevent freezer burn.

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Thaw ground beef and other meats in the refrigerator. In a pinch, place the ground beef in its moisture-proof wrapper under the cold water faucet to speed-up thawing.

Beef Corn Dandy

1 pound ground beef	2 cups tomatoes
1 large onion, chopped	2 cups whole kernel corn
1 teaspoon salt	$\frac{1}{4}$ pound cheese, cubed
$\frac{1}{4}$ teaspoon pepper	

Place ground beef, onion, salt, and pepper in a skillet. Cook and stir over moderate heat until meat is lightly browned and onion is soft. If a lot of fat cooks out of the meat, spoon-off some of the drippings before adding the other ingredients.

Add tomatoes and corn. Cover the skillet and simmer over low heat for about 30 minutes.

Stir-in cheese cubes. Cover the skillet. Turn off the heat and let stand a minute or two until the cheese melts. Makes 4 to 6 servings.

Porcupine Meatballs

2 cups canned tomatoes or tomato juice	1 tablespoon chopped onion
$\frac{1}{2}$ cup uncooked rice	1 teaspoon salt
1 pound ground beef	dash pepper

Put tomatoes or tomato juice in a large saucepan--one you can cover. Heat. Mix together the rice, ground beef, chopped onion, salt, and pepper. Shape the mixture into balls about an inch-and-a-half across. You should have 6 or 8 meatballs. Drop the meatballs into the hot tomatoes or tomato juice. Cover and cook over low heat for about 1 hour. The rice will be fluffy and the beef well done. Some of the grains of rice stick out of the meatballs making you think of a porcupine.

Lasagne

1 pound ground beef	1 $\frac{1}{2}$ teaspoons salt
1 medium onion, chopped	$\frac{1}{4}$ teaspoon pepper
1 cup chopped celery	8 lasagne noodles
1 15 oz can tomato sauce	1 12 oz container cottage cheese
1 pint of canned tomatoes or 1 16 oz can	

Brown ground beef in a large skillet or saucepan. Add onion and celery and cook until tender. Add tomato sauce, tomatoes, salt, and pepper. Cover and simmer for at least 15-20 minutes.

Cook noodles according to directions on the package and drain.

Grease a large casserole dish. Place a layer of noodles in the bottom of the casserole, spoon-in a layer of meat sauce, then a layer of cottage cheese, a layer of noodles, etc., ending with a layer of meat sauce.

Bake in a 375^oF oven for 20 to 30 minutes. Makes 8 to 10 servings.

Lasagne takes its name from the noodle used in making it. The lasagne noodle is a very wide noodle that is curly on both sides. Other kinds of wide noodles could be substituted.

Although this recipe calls for just 8 oz of noodles, you'll get a better buy by selecting a 16 oz (1 lb) package.

Other seasonings may be used. A clove of garlic could be added along with the onion or instead of the onion. A half-teaspoon of oregano or marjoram is often used; add with the salt and pepper.

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