

## Beef, Ground, Frozen, LTFB Optional

MyPlate Food Group: **Protein**



### Product Description

- Frozen finely ground beef is 100% beef with an average fat content of 15% that may contain lean finely textured beef.

### Storage

- Keep ground beef frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ground beef in a tightly covered container that is not made from metal in the refrigerator. Use within 3 to 4 days.

### Uses and Tips

- Ground beef can be used in patties or in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable and beef casseroles, and spaghetti sauce, or as a topping on pizza.

### Nutrition Information

- 3 ounces of cooked beef counts as 3 ounces in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- 3 ounces of cooked ground beef provides 15% of the daily recommended amount of iron.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: 3 ounces (85g) cooked ground beef

| Amount Per Serving        |      |                   |            |
|---------------------------|------|-------------------|------------|
| Calories                  | 210  | Calories from Fat | 110        |
| -% Daily Value*           |      |                   |            |
| <b>Total Fat</b>          | 12g  |                   | <b>18%</b> |
| Saturated Fat             | 4.5g |                   | <b>23%</b> |
| Trans Fat                 | 1g   |                   |            |
| <b>Cholesterol</b>        | 75mg |                   | <b>25%</b> |
| <b>Sodium</b>             | 69mg |                   | <b>3%</b>  |
| <b>Total Carbohydrate</b> | 0g   |                   | <b>0%</b>  |
| Dietary Fiber             | 0g   |                   | <b>0%</b>  |
| Sugars                    | 0g   |                   |            |
| <b>Protein</b>            | 18g  |                   |            |
| Vitamin A                 | 0%   | Vitamin C         | 0%         |
| Calcium                   | 2%   | Iron              | 15%        |

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Enchilada Rice

**Makes about 6 servings**

### Ingredients

- 1 pound frozen ground beef, thawed
- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium corn, drained
- 1 can (about 15 ounces) unsalted tomatoes, diced or whole (if using whole, chop tomatoes)
- 2 tablespoons taco seasoning mix, reduced sodium
- 2 cups rice, cooked
- ½ cup low-fat Cheddar or Monterey jack cheese, grated

## Directions

1. Cook meat and onion until juices run clear.
2. Drain juice and fat from cooked meat and onions.
3. Add corn, tomatoes, taco seasoning, and rice.
4. Simmer for 10 minutes.
5. Add grated cheese to top; cover and let set for 5 minutes.

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## Beef and Noodle Casserole

**Makes about 6 servings**

### Ingredients

- ½ pound egg noodles, uncooked
- Nonstick cooking spray
- 1 pound ground beef
- 1 can (about 15 ounces) low-sodium diced tomatoes, drained
- ¾ cup light sour cream
- 1 teaspoon dried basil (if you like)
- ¾ cup low-fat cheddar (or mozzarella cheese)

## Directions

1. Preheat oven to 350 degrees F.
2. Cook noodles according to directions on package. Drain and set aside.
3. In a large skillet coated with nonstick cooking spray, cook ground beef on medium-high heat until the beef is browned. Drain.
4. Add tomatoes and sour cream. If using basil, add that too and stir well.
5. Cover on low heat for about 10 minutes.
6. Place noodles into casserole or baking dish; add beef and tomato mixture and mix well to coat.
7. Sprinkle with cheese.
8. Bake for 30 minutes or until cheese is melted.

*Recipe adapted from Food.com*