



Beef, Fine Ground, 85% Lean/15% Fat, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of cooked ground beef counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Beef supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Cook ground beef to the internal temperature indicated on the product's packaging.
- Thaw frozen ground beef in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Cooked ground beef can be used in dishes such as lasagna, casseroles, spaghetti sauce, or chili.
- Ground beef can be made into hamburgers or meatballs.

Storing Foods at Home

- 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.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Easy Meatballs

Makes 24 meatballs

Ingredients:

- non-stick cooking spray
- 1 pound lean ground beef
- ½ cup brown or white rice, uncooked
- ⅔ cup nonfat or 1% milk
- 1 egg, slightly beaten
- ½ cup onion, chopped
- ½ cup carrot, shredded
- ½ teaspoon salt
- ¼ teaspoon pepper

Sauce:

- 1 can (10.5 ounces) condensed soup (tomato, cream of mushroom, or other flavors)
- ¾ cup nonfat or 1% milk

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Lightly spray or oil a shallow baking dish (9x13 inch) with cooking spray.
2. Combine beef, rice, milk, egg, onion, carrot, salt, and pepper. Use a spoon to form 24 meatballs and place in baking dish.
3. In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour sauce over meatballs.
4. Cover pan tightly with foil. Bake for 1 hour.

Recipe adapted from FoodHero.org

Quick Skillet Lasagna

Makes 9 servings

Ingredients:

- 1 pound lean ground beef
- 1 large onion, chopped
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 2 cups spaghetti sauce
- 4 tablespoons fresh parsley, or 4 teaspoons dried
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 cups low-fat cottage cheese
- ⅔ cup low-fat mozzarella cheese, shredded
- 6 lasagna noodles, uncooked
- ⅓ cup grated parmesan cheese

Directions: Wash hands with soap and water.

1. In a 12-inch skillet, cook ground beef over medium-high heat until it is no longer pink.
2. Drain fat. Add the onion and cook until it is soft.
3. Add garlic, 1 cup of the spaghetti sauce, parsley, oregano, and basil. Stir. Spread evenly in the skillet.
4. Reduce heat to low. Spread cottage cheese over mixture, and top with half of the mozzarella cheese. Top with noodles.
5. Pour remaining spaghetti sauce evenly over the top of noodles. Gently press noodles down to moisten.
6. Cover and simmer 15-20 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer for two more minutes or until cheeses are melted.
7. Let stand, covered, 5-10 minutes before serving.

Recipe adapted from FoodHero.org