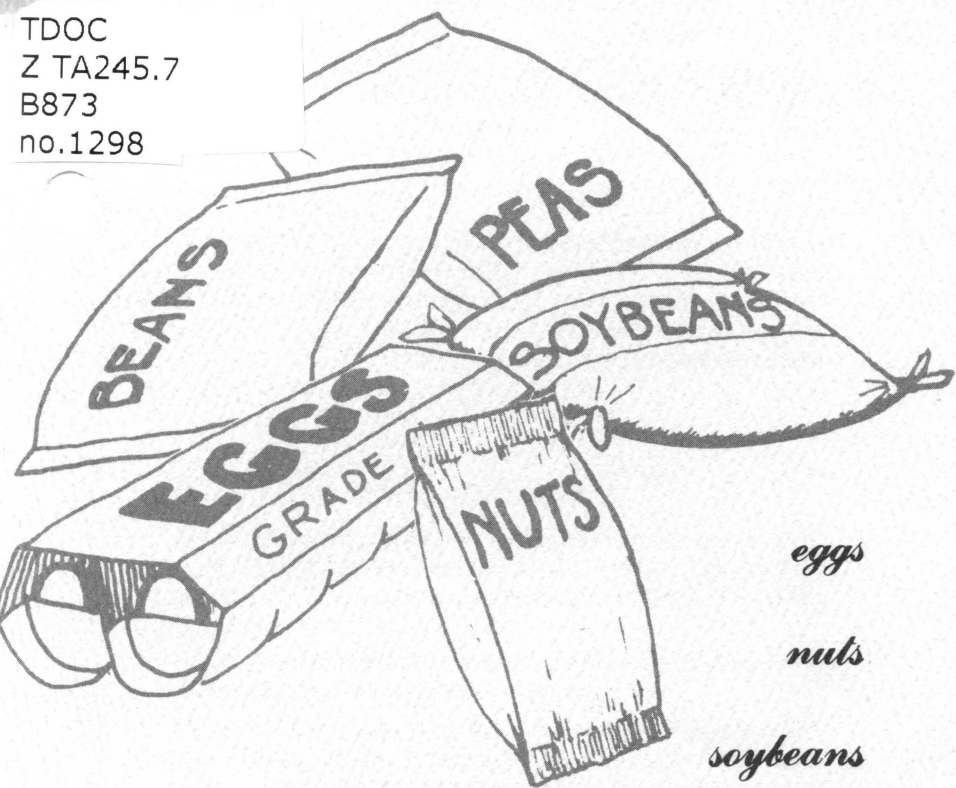


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eggs

nuts

soybeans

dried beans and peas

meat alternate cookery

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Meat Alternate Cookery

Mary K. Sweeten*

Food prices are soaring to new heights and the dollar is buying less everyday. The average American is eating twice as much as he did 40 years ago although the average protein requirement has decreased. The requirement can be met by eating two 2- to 3-ounce servings of meat or meat alternate daily along with a variety of other foods.

Meat Alternates

Meat alternates, suitable replacements for meat, provide protein and other nutrients for which meat, poultry and fish are valued. The nutrients in meat group foods are listed on the back cover.

Eggs serve as a meat alternate as they are good sources of animal protein, minerals and vitamins.

Nuts, including peanuts, are rich in fat as well as protein. Peanuts are especially good sources of B vitamins. Nuts, because of the high fat content, are more readily digested if eaten in combination with cereals, vegetables or fruits.

Dried beans and peas make nourishing dishes which are very filling. These legumes are good sources of iron and B vitamins. Although the protein in dried legumes is not as good a quality of protein as meat, legumes can be eaten as a meat alternate three or four times a week. It is a good idea to serve an animal protein source along with this food.

Soybeans are the best vegetable protein source to replace meat. Dry soybeans contain 1½ times as much protein as other dried beans and 11 times as much fat. Soybeans are limited in one of the essential amino acids so they must be combined with cereals or fortified with the lacking amino acid to furnish high quality protein.

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General Cooking Instructions

Cook **eggs** with low to medium heat. Eggs cooked at high temperatures for a long time will be tough. Eggs are used in meat dishes, as a leavening agent, and to thicken sauces.

Nuts and peanut butter make good snacks and are used as an ingredient in main dishes, soups, salads, cooked vegetables, breads and desserts.

Dried beans and whole peas should be soaked before cooking to shorten the cooking time.

Boil beans and peas for two minutes to soften their skins. Then soak them in the same water for 1 hour (soak split peas and lentils only $\frac{1}{2}$ hour). After soaking, boil the beans gently in the same water in which they were soaked for the length of time specified on the package. Remember that beans get larger as they cook. One cup of dried beans before cooking is equal to 3 cups of cooked beans.

Dried beans that are soaked or cooked in hard water will stay hard. To make the beans soft when they are cooked, add $\frac{1}{8}$ teaspoon soda for each cup of dry beans. Too much soda will cause the beans to lose some vitamins, especially thiamin.

Soybeans are available in many forms and preparation will depend upon the form. Soybeans may be purchased fresh or dried.

Fresh soybeans must be shelled, covered with boiling water, and allowed to stand 5 minutes. They should then be cooked gently for 10 to 20 minutes.

Dried soybeans should be soaked. One cup of dried soybeans will yield about $2\frac{1}{2}$ cups cooked beans. To soak them quickly, boil beans 2 minutes, remove from heat and let stand 1 hour. Or, boil beans 2 minutes and then refrigerate overnight. Simmer, covered in soaking water, 2 to 3 hours until beans are tender.

Meat Alternate Recipes

Egg Au Gratin Casserole

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| 12 hard cooked eggs, shelled | $\frac{3}{4}$ teaspoon salt, dash of pepper |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon Worcestershire Sauce |
| 6 tablespoons flour | 4 ounces shredded sharp Cheddar cheese (1 cup) |
| 2 cups milk | $\frac{1}{3}$ cup fine bread crumbs, browned in butter |
| 1 cup chicken broth, OR | $\frac{1}{2}$ cup grated Parmesan cheese |
| 1 cube chicken bouillon dissolved in 1 cup hot water | 1 tablespoon chopped parsley |

Melt the butter and stir in the flour. Remove pan from heat or place over hot water. Slowly add the milk and broth, blending it until smooth. Return to heat and cook slowly, stirring constantly until sauce is thickened and smooth. Add salt, pepper, Worcestershire sauce and Cheddar cheese, stirring until cheese is melted.

Arrange eggs in a two-quart casserole or shallow baking dish. Cover with the sauce. Sprinkle with buttered crumbs and Parmesan cheese. Bake in moderate oven at 350°F., for 30 minutes. Sprinkle with parsley and serve. YIELD: 6-8 servings.

Sauerkraut Loaf

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| 2 cups sauerkraut | 1 cup cracker crumbs |
| 1 cup peanuts | 1 tablespoon butter |
| 1 cup tomato pulp | Minced onion, salt, pepper |
| 1 cup grated American cheese | |

Combine all ingredients. Bake 30 minutes at 350° F. oven. Serve with tomato sauce or catsup.

Hot Bean Salad

- 2 strips bacon, chopped, or 3 tablespoons diced salt pork
- $\frac{1}{3}$ cup chopped onion
- 3 cups cooked dried beans
- $\frac{1}{2}$ teaspoon mustard
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{4}$ cup water
- Salt and pepper

Brown bacon or salt pork in a large frying pan. Add onions and cook until lightly browned. Add beans, mustard, vinegar, and water. Simmer, stirring gently from time to time, until the beans use all the liquid. Season with salt and pepper.



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Country Bean Soup

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| 2 cups dried beans | 1 chicken bouillon cube |
| 3 slices bacon, cut into 2-inch pieces | 2 tablespoons snipped parsley |
| 1 clove garlic, finely chopped | 1 tablespoon salt |
| 1 medium onion, sliced | ½ teaspoon pepper |
| 1 large carrot, sliced | 1 bay leaf |
| 1 large stalk celery, sliced | ¼ to ½ teaspoon thyme |
| 4 cups water | 1 can (28 ounces) whole tomatoes |

Measure dried beans into large saucepan or Dutch oven; cover with water and heat to boiling. Boil uncovered 2 minutes. Remove from heat; cover and let stand 1 hour.

Fry bacon. Add garlic, onion, carrot and celery to bacon drippings in skillet; cook and stir over medium low heat about 5 minutes or until celery is tender.

Stir into dried beans. Stir in bacon and remaining ingredients except tomatoes; heat to boiling. Reduce heat; cover and simmer 1 hour (soup will thicken). Stir in tomatoes (with liquid); simmer uncovered 15 minutes. Remove bay leaf before serving. YIELD: 6 servings.

Soybean-Corn-Tomato Casserole

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| 2½ cups dried soybeans, cooked, drained | 1 teaspoon garlic salt |
| 16-ounce can whole-kernel corn, drained | ¼ teaspoon basil leaves, crushed |
| 16-ounce can tomatoes | ¼ teaspoon pepper |
| 2 tablespoons flour | 1 cup soft bread crumbs |
| 1 teaspoon sugar | ½ cup or 2 ounces process Cheddar cheese, shredded |
| | 2 tablespoons butter or margarine |

Arrange beans and corn in alternate layers in a 2-quart baking dish. Mash tomatoes with a fork; save 2 tablespoons tomato juice. Mix flour, sugar and seasonings; stir into tomato juice. Stir flour mixture into tomatoes. Heat until mixture comes to a boil. Pour hot sauce over vegetables. Mix bread crumbs, cheese and fat; sprinkle over vegetables. Bake in 375° F. (moderate) oven about 20 minutes until browned. YIELD: six 1-cup servings.

Meat Group Foods Contribute Valuable Nutrients

- **PROTEIN** for building and maintaining many tissues in the body and for energy. Protein is made up of amino acids (building blocks). There are two types of amino acids — essential and nonessential. *Essential amino acids* are present in foods of animal origin such as meat, fish, poultry, eggs and milk. These have to be eaten because the body cannot manufacture them. *Nonessential amino acids* can be made in the body from the essential amino acids at the same time and in certain proportions in order to make protein. If one essential amino acid is missing, or limited, all amino acids are reduced for use in making protein. Meat alternates from vegetable sources do not contain all the essential amino acids. But when combined with small amounts of animal protein, all amino acids can be used to make protein.

- **PHOSPHORUS** for strong bones

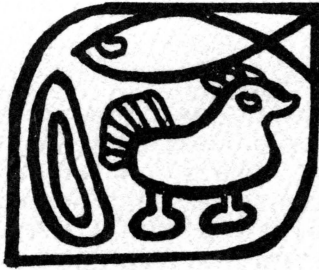
- **IRON** for helping cells carry oxygen

- **RIBOFLAVIN** and **THIAMIN** as part of enzymes to help release energy from food

- **NIACIN** for healthy nerves

- **FATS** for energy

- **RIBOFLAVIN** and **THIAMIN** as part of enzymes to help release energy from food



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