



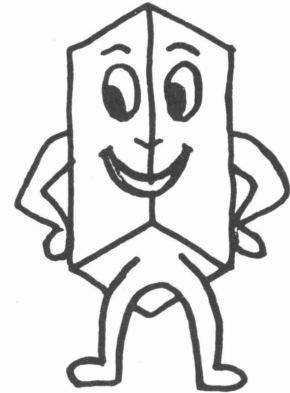
FAMILY NUTRITION NEWS

Meat Group for Protein

Dear Homemaker,

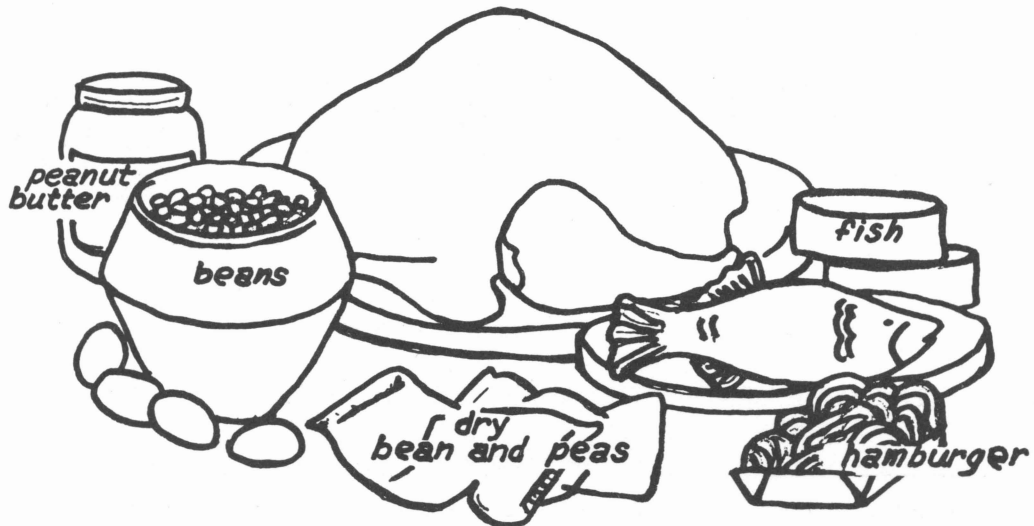
The meat group includes BEEF, VEAL, LAMB, PORK, POULTRY, EGGS, FISH and SHELLFISH. Meat alternates or substitutes are DRY BEANS, PEAS, NUTS, PEANUTS and PEANUT BUTTER. Two or more servings are needed daily. A serving is 3 ounces of lean cooked meat, 2 eggs or 1 cup of cooked dry beans.

The meat group is important for its protein. Protein builds and maintains all tissue in your body. It also supplies you with energy.



Sincerely,

Name and title



Here are some protein-rich recipes.

SPANISH RICE

- | | |
|-----------------------------|-------------------------------------|
| ½ cup uncooked rice | 2½ cups cooked or uncooked tomatoes |
| 1 tablespoon fat | 2½ cups |
| ½ onion | canned luncheon meat |
| 1 stalk celery, if you like | |



Cook rice in fat until lightly browned. Chop onion and celery and add tomatoes to the rice. Heat to boiling. Cook and cover over low heat for 25 minutes, or until rice is tender. Add meat to rice and cook over low heat for 5 minutes. Makes 6 servings.

PEANUT BUTTER COOKIES

- | | |
|---------------------|-----------------|
| 1 cup fat | 2 eggs |
| 1 cup peanut butter | 2½ cups flour |
| 1 cup brown sugar | ½ teaspoon salt |
| 1 cup sugar | ½ teaspoon soda |

Mix fat and peanut butter. Add both kinds of sugar, beat well. Beat in eggs. Mix flour, salt and soda. Stir in peanut butter mixture. Make dough into small balls. Put on baking sheet, flatten with fork. Bake at 375° F. (moderate oven) for 10 to 15 minutes. Makes from 4 to 5 dozen cookies.



MORE INFORMATION

CHOOSE MEAT THAT WILL GIVE THE MOST NUMBER OF SERVINGS FOR YOUR MONEY

Mostly Bone and Fat



1-2 Servings in a Pound

Some Bone and Fat



2-3 Servings in a Pound

Mostly Lean



3-4 Servings in a Pound

REMEMBER TO STORE MEAT IN THE REFRIGERATOR.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.