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GROUND BEEF

Ground beef has been a staple in Mississippi kitchens for many years. Cattle farming is an important part of Mississippi's agriculture. In the



past, more families raised their own cattle for beef, and ground beef became popular because it could become many different dishes like burgers, meatloaf, and chili.

STORE

- Storing ground beef properly is important to keep it fresh and safe to eat. Refrigerate ground beef as soon as you get home from the store and use within a couple of days.
- Store ground beef in the freezer for a longer time.
- Ground beef should be wrapped tightly in plastic or placed in a resealable freezer bag before freezing. It can be kept in the freezer for up to 3-4 months. Defrost ground beef in the refrigerator for 24 hours before using.

PREPARE

- You can make burgers by shaping the ground beef into patties and cooking them on the grill or stovetop.
- Ground beef can also be browned in a skillet and used in tacos, spaghetti sauce, or casseroles. Drain any excess fat away after searing the ground beef.
- Cook ground beef until it's no longer pink to ensure it's safe to eat. Try not to overcrowd your pan when searing. Don't disturb the meat too often so that natural flavors can develop. A brown coloring after searing is best.
- You can add different seasonings like onion powder, pepper, or garlic to give your ground beef more flavor.

BENEFITS

- Ground beef is an excellent source of protein. Protein is important for building strong muscles and keeping your body healthy.
- Ground beef also provides vitamins and minerals like iron. Iron helps your blood carry oxygen.
- It is best to eat beef in moderation or choose leaner ground beef. Numbers like "93/7," "85/15," and "80/20" on the package indicate the beef to fat ratio. A 93/7 ratio has the most beef (93%) and the least fat (7%).

FUN WITH FOOD CHILDREN CAN HELP:

- Kids can mix ground beef with spices or shape it into patties or meatballs. Remember to always wash your hands after handling raw meat.
- Older kids can help cook the ground beef on the stove or grill, with an adult's supervision.



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ENJOY



BEEF ENCHILADA CASSEROLE

- 1 (15-ounce) can black beans, low sodium
- 1 pound ground beef
- 7 ounces diced green chilis
- 1 tablespoon HappyHealthy Fajita/Taco Seasoning
- Vegetable oil cooking spray or vegetable oil
- 8 corn tortillas, 6-inch
- 10 ounces enchilada sauce
- 1 cup shredded cheddar cheese

1. Preheat oven to 350°F.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. Drain and rinse beans.
4. Heat large skillet over medium-high heat and cook beef until no longer pink, about 5 minutes. Drain beef and combine with beans, green chilis, and HappyHealthy Seasoning in a medium mixing bowl, and stir to combine.
5. Coat a 9-by-13 baking dish with vegetable oil cooking spray and place 4 tortillas on the bottom. Top tortillas with half of the beef and bean mixture, half of the enchilada sauce, and half of the cheese.
6. Top with 4 more tortillas and repeat, adding remaining beef mixture, enchilada sauce, and cheese.
7. Cover dish with foil and bake in the oven for 30 minutes.
8. Refrigerate leftovers within 2 hours.



CHILI MACARONI SKILLET

- 1 (15-ounce) can black beans, low sodium
- 1 pound ground beef
- 1 teaspoon chili powder
- 1½ cups mild salsa
- 2½ cups (12 ounces) uncooked macaroni pasta
- 3 cups water
- ½ cup cheddar cheese, shredded

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Drain and rinse beans.
3. Heat large skillet over medium heat and cook beef until no longer pink, about 5–10 minutes, stirring to break apart into crumbles. Drain beef and return to skillet.
4. Stir in beans, chili powder, salsa, uncooked pasta, and water. Bring to a boil, reduce heat to low, and simmer for about 15 minutes or until pasta is tender and sauce is slightly thickened, stirring occasionally. Top with shredded cheddar cheese. Serve.
5. Refrigerate leftovers within 2 hours.



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