

Harvest of the Month



October - Fresh Ground Beef



Did You Know?

Beef is an excellent source of 10 essential nutrients: Protein, zinc, vitamin B12, selenium, phosphorus, choline, niacin, vitamin B16, iron, and riboflavin.

Red meats like beef are excellent sources of iron that help increase your hemoglobin and give you healthy blood.

All beef products come from different parts of a cow.

The United States produce about 20% of the world's beef.



Sloppy Joes On A Roll

Ingredients:

1 lb ground beef
1/2 cup brown lentils, uncooked
1/4 cup onions, raw, chopped
2 tsp garlic, minced
2 Tbsp tomato paste
2 Tbsp catsup
1 cup + 2 Tbsp water drained
1 Tbsp distilled vinegar
1/2 tsp mustard powder
1/2 tsp pepper
2 oz mild green chili peppers, canned
1 tsp brown sugar
6 wheat rolls

Directions:

1. Brown ground beef. Drain.
2. Cook lentils in enough water to cover them. Simmer for about 20-30 minutes. Drain excess water.
3. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.
4. Portion 1/3 cup per roll.



Beef Production in the U.S.

The top breeds raised for beef production in the United States include Black Angus, Red Angus, Charolais, Hereford, Simmental, and Texas Longhorn Cattle.

Classic Porcupine Meatballs (Beef & Rice)

Ingredients:

1-1 1/3 lbs. ground beef
1/2 cup instant rice
1/2 cup water
1/4 tsp onion powder
1/4 tsp garlic powder
1/2 tsp celery salt
1/2 tsp salt
1/8 tsp black pepper

Sauce:

1 15 oz tomato sauce
1 cup water
2 tsp Worcestershire sauce

Directions:

1. Preheat oven to 350 °F
2. Prepare an 8X8 baking dish with non-stick cooking spray
3. In a large bowl, mix together the ground beef, rice, water and seasoning
4. Form mixture into 12 meatballs and place in the baking dish
5. In a small bowl, whisk together the tomato sauce, water, and Worcestershire sauce and pour over the meatballs
6. Cover the baking dish with foil and bake meatballs for 45 minutes
7. Remove foil and bake up to 15 minutes more until tender
8. Serve over rice, mashed potatoes, or in a toasted bun



USDA Certified Beef Processing Facility