

Lets talk about Beef

Beef is a nutritionally dense protein source that helps to promote muscle maintenance and growth. Beef is an excellent source of vitamins and minerals which include vitamin B12, zinc, selenium, iron, niacin, and vitamin B6. In just one 3 oz. cooked serving, you're getting 10 essential nutrients and 25 grams of protein which is almost half your recommended daily value. When buying lean cuts of beef look for key words such as round, sirloin, and fillet for the leanest beef cuts. Remember the advice on cooking these cuts is low and slow (lower cooking temperature and longer cooking time). Beef is a versatile protein source that carries a nutritional punch.



<https://www.beefitswhatsfordinner.com/nutrition>

Check out :
[CookingMatters.org/Recipes](https://www.cookingmatters.org/recipes)
for a delicious
recipe high in protein



Italianspoon.com.au



Simplyrecipes.com

Nutritious food choices add color to any diet

This institution is an equal opportunity provider

Hearty Shepard's Pie

Serves: 8

Ingredients

2/3 cup of dry lentils
1 can ground beef
1 15 oz. can low sodium carrots
1 15 oz low sodium can peas or 1 bag frozen
1 15 oz canned mushrooms
4 cups potato flakes
1/2 onion, chopped
4 cups low-sodium broth
1 Tablespoon tomato paste
1/2 teaspoon salt
Pepper and herbs to taste



Directions

1. Preheat oven to 350 degrees
2. In a large pot, sauté the chopped onions with 1-2 Tablespoons of broth until onions is soft.
3. Add the lentils and the res of the broth and bring to a boil. Let cook for 15 minutes.
4. Drain the cans of veggies. Once the lentils are soft, add carrots, peas, mushrooms, tomato paste, 2 tablespoons of mashed potato flakes, seasoning, and ground beef or canned beef.
5. Stir to combine until the sauce is clump free.
6. Dump the veggie mixture and sauce into a 9 x13 baking dish or other large, oven-safe dish. Spread the prepared mashed potatoes flakes on top and bake in the oven for 15 minutes.
7. Scoop leftover tomato paste into a baggie or small container and freeze for 4 months.
8. Enjoy

Recipe retrieved from: nimilistbaker.com and pinchofyum.com

Serving size: 1 1/2 cup per recipe Calories: 266; Fat : 6.3 g Saturated Fat: 1.6g; Sodium: 1060mg;

Total Carbohydrate: 42.7 g; Protein: 9.1 g; Dietary Fiber: 13.1g; Vitamin : 4%; Calcium: 6%; Iron: 11%

CSFP Food Item Spotlight: Lentils

Lentils are a good source of soluble fiber, which can help control cholesterol and blood sugar.



Veg-world.com

Good news about everything that's good to eat!



Southwestern Idaho

Administrative Offices
3562 South TK Ave.
Boise, ID 83705

Eastern Idaho

555 South 1st. Ave.
Pocatello, ID 83204
(208) 233-8811

North Central Idaho

3331 10th St.
Lewiston, ID 83501
(208) 746-2288

