



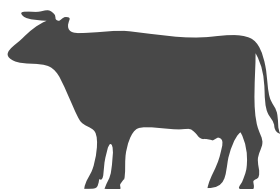
# NUTRITION NEWS

*Nutrition and Education Programs*

*May 2023*



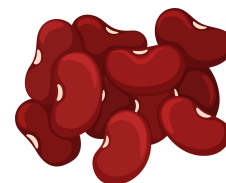
## Happy National Beef Month!



Beef is a great source of protein. Consuming protein is important especially for adults older than 60 years old. Adequate protein consumption can help to maintain lean muscle mass, maintain body weight, and support brain and immune function.

Beef is a great source of many nutrients including protein, iron, zinc, vitamin B12, and selenium. In consuming just 3 oz of cooked beef, the size of a deck of cards, you reach about 50% of the daily value of protein. Eating a little amount of beef goes a long way.

## Other Great Sources of Protein



Besides beef there are other protein sources that give the body the nutrients it needs.

[Here are some examples and serving portion](#)

Chicken-2 to 2 1/2 oz

Eggs- 2 eggs

Beans-1/2 cup cooked

Seafood and Fish- 6 oz

Lean Pork- 3 oz

Nuts- 1 1/2 oz

Lentils- 1 to 1 1/2 cups

Quinoa- 3/4 cup

Peanut Butter- 2 Tablespoons

Greek Yogurt- 1 cup

# UNSTUFFED BELL PEPPER

*Prep: 15 minutes   Cook: 45 minutes   Servings: 6*



## Ingredients:

- 1 clove of garlic
- 2 bell peppers
- 1 TBSP olive oil
- 1/2 lb ground beef
- 1 15 oz can diced tomatoes
- 1 cup long grain white rice
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/4 tsp freshly cracked black pepper
- 1 1/2 cups beef broth
- 1 8 oz can tomato sauce
- 1 tsp Worcestershire sauce
- 1 cup shredded mozzarella cheese

## Directions:

1. Mince the garlic and dice the onion and bell pepper.
2. Add the olive oil and ground beef to a deep skillet. Cook the beef over medium heat until it is fully brown
3. Add the diced onion, bell pepper, minced garlic, basil, oregano, and pepper to the skillet. Continue to cook and stir until the onions are soft.
4. Next, add the diced tomatoes (with juices), uncooked rice, and beef broth. Stir combine.
5. Place lid on skillet and turn up heat to medium-high. Bring to a boil. Turn down heat to simmer and continue to simmer for 15 minutes. After 15 minutes, turn off heat and let it rest, lid still in place, for another 5 minutes.
6. While the pot is simmering, combine the tomato sauce and Worcestershire sauce.
7. Once the rice has rested for 5 minutes, remove the lid and fluff it with a fork, gently folding the ingredients back together.
8. Pour the prepared tomato sauce over top, then sprinkle the shredded mozzarella over the sauce. Place the lid back on top and let the heat from the skillet melt the mozzarella. Once melted, serve.