



NUTRITION NEWS

NUTRITION & EDUCATION PROGRAMS

JULY 2024

JULY IS IDAHO BEEF MONTH!



Nutrients in Beef

Beef is a nutrient-dense food. Beef is a great source of protein, iron, vitamin B12, selenium, and zinc. A serving size of cooked beef is 3 oz. or the size of a deck of cards.

Look for leaner cuts when buying beef.

Health Benefits of Beef

- Includes essential amino acids.
- Improves muscle growth and strength.
- Reduces your risk of muscle loss.
- Reduces the risk of anemia.

Other Great Sources of Protein

- Chicken
- Pork
- Fish
- Beans
- Soy Beans
- Lentils
- Eggs
- Nuts
- Greek Yogurt

VEGETABLE BEEF SOUP

RECIPE CAN BE FOUND AT:[HTTPS://DPHHS.MT.GOV/ASSETS/CSFP/CSFPRECIPES.PDF](https://DPHHS.MT.GOV/ASSETS/CSFP/CSFPRECIPES.PDF)



Ingredients

- 4 cups water
- 1 Tbsp. olive oil
- 1 cup macaroni, uncooked
- 1 cup red kidney beans, cooked
- 1 large onion
- 2 Tbsp.oil
- 1 can beef
- 1 can carrots, drained
- 1 can corn, drained
- 1 can green beans, drained
- 1 can peas, drained
- 1 can potatoes, drained
- 2 cans diced tomatoes
- 3 cups tomato juice

Directions:

- In a large saucepan, over high heat, bring 4 cups water, 1 Tbsp. olive oil and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
- In a large pot, over medium heat, sauté the onion in oil for 5 minutes, stirring frequently. Then add canned beef.
- Add tomato juice, 4 cups water, carrots, peas, potatoes, tomatoes, corn, green beans, cooked red kidney beans, and cooked macaroni to the pot.
- Heat on high for 15 minutes. Serve with crackers or bread.