



Beef, Fine Ground, 85% Lean/15% Fat, Frozen

MyPlate Food Group: Protein

Nutrition Information

- 1 ounce of canned/pouch beef counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Food Group. Beans and peas can also be considered apart of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Beef supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses & Tips

- Cook ground beef to the internal temperature indicated on the product's packaging.
- Thaw frozen ground beef in the refrigerator or microwave by using the defrost setting.
- **Do not thaw on the countertop at room-temperature.**
- Refer to the product's packaging for more information on how to properly thaw this product.

MyPlate Facts

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

Storing Foods at Home

- Keep ground beef frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ground beef in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD
BANK



Quick Skillet Lasagna

Makes 9 servings

Ingredients:

- 1 pound lean ground beef
- 1 large onion, chopped
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 2 cups spaghetti sauce
- 4 tablespoons fresh parsley, or 4 teaspoons dried
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 cups low-fat cottage cheese
- ⅔ cup low-fat mozzarella cheese, shredded
- 6 lasagna noodles, uncooked
- ⅓ cup grated parmesan cheese

Directions: Wash hands with soap and water.

1. In a 12-inch skillet, cook ground beef over medium-high heat until it is no longer pink.
2. Drain fat. Add the onion and cook until it is soft.
3. Add garlic, 1 cup of the spaghetti sauce, parsley, oregano, and basil. Stir. Spread evenly in the skillet.
4. Reduce heat to low. Spread cottage cheese over mixture, and top with half of the mozzarella cheese. Top with noodles.
5. Pour remaining spaghetti sauce evenly over the top of noodles. Gently press noodles down to moisten.
6. Cover and simmer 15-20 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer for two more minutes or until cheeses are melted.
7. Let stand, covered, 5-10 minutes before serving.