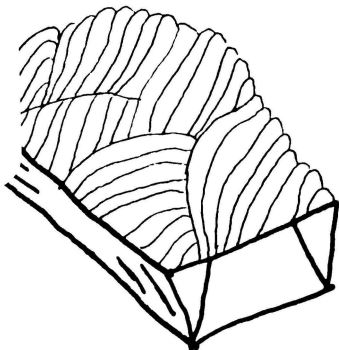


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FOOD

GROUND BEEF



Ground beef is a good buy. It has the same food value as steak but costs much less. It is the lean which has the most food value and costs the most. Some fat is needed if the cooked meat is to be juicy, tender, and flavorful.

Lean Ground Beef has from 20 to 25% fat. *Regular Ground Beef* and *Hamburger* may contain as much as 30% fat.

Textured vegetable protein is added to some ground beef as an extender. This does not change the food value but should lower the cost. Preshaped hamburger patties may have pork, cereal, nonfat dry milk, or vegetable protein added.

One pound of ground beef will make 4 good sized servings and can be stretched to serve 6 or 8.

Store ground beef in the original wrapper in the coldest part of the refrigerator. Use within one or two days. Or wrap and freeze.

Beef Corn Dandy

1 pound ground beef	2 cups tomatoes, stewed or canned
1 large onion, chopped	1 16 oz. can whole kernel corn, drained
1 teaspoon salt	1/4 pound cheddar cheese, cubed
1/4 teaspoon pepper	

Place ground beef, onion, salt, and pepper in the skillet. Cook and stir over moderate heat until meat is lightly browned and onion is soft. If much fat cooks out of the meat, spoon off the drippings before adding the other ingredients.

Add tomatoes and corn. Cover and simmer over low heat for about 30 minutes.

Stir in cheese cubes. Cover the skillet. Turn off the heat and let stand a minute or two until the cheese melts. Makes 4 to 6 servings.

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