

# SHOP SMART



## SHARPEN YOUR FOOD-BUYING HABITS

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HOW FAR WILL  
YOUR MEAT  
GO?

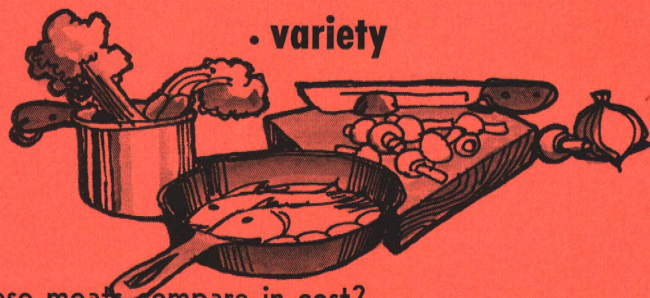
Some kinds and cuts of meat contain large amounts of bone, fat, and waste. These cuts are always priced lower per pound. But don't be fooled by the price alone. Because of the bone and fat, you'll need to buy larger amounts of these cuts, if each person in your family is to get the same amount of lean meat.

KIND OF MEAT	SERVINGS FROM ONE POUND
Chipped or dried beef, bologna, or other cold cuts for sandwiches	8
Frankfurters, boneless beef stew, beef kidney, pork sausage, hamburger, ground beef, liver, cube steaks, flank steak, ham slices, pork chops (rib and center), fish fillets, beef heart, Canadian style bacon, eye and heel of beef round, beef and pork tenderloin, canned luncheon meat.	4 to 5
Veal steak, round steak, boned chunk ham, well trimmed boned shoulder cuts.	3 to 4
Pork chops (shoulder), beef tongue, roast sirloin of beef, pork steak (blade), boneless beef chuck or rump roast, fryer legs (drumsticks and thighs), chicken fryer breasts, boneless turkey roasts, fish steaks	3
Rib and chuck steak, beef rib roast, beef chuck roast, sirloin steak, picnic shoulder, whole turkey leg, whole turkey	2
Short ribs, spareribs, chicken broilers and fryers, chicken roaster or stewing hen, drawn fish, chicken wings	1 to 2



**BUY MORE** **WITH YOUR FOOD MONEY**

- health
- pep
- satisfaction
- variety



How do these meats compare in cost?

*Hamburger*

price of 1 pound .....59 cents  
 servings from 1 pound .....4  
 cost of 1 serving .....15 cents

*Whole fryers*

price of 1 pound .....39 cents  
 servings from 1 pound .....1½  
 cost of 1 serving .....26 cents

*Pork luncheon meat*

price of 12 ounce can .....48 cents  
 servings from 1 can .....4  
 cost of 1 serving .....12 cents

*Chicken breasts, fryers*

price of 1 pound .....69 cents  
 serving from 1 pound .....3  
 cost of 1 serving .....23 cents

**PORCUPINE MEATBALLS**

*9 servings*

- 1½ pounds hamburger
- ¾ cup uncooked regular rice
- ¾ cup milk or water
- ¼ cup chopped onion
- 1½ teaspoons salt
- ¼ teaspoon celery salt
- ¼ teaspoon garlic salt
- ⅛ teaspoon pepper
- 3 tablespoons fat or drippings

Combine all ingredients except fat.

Form into meatballs about 1½ inches wide.

Brown lightly on all sides in melted fat being careful not to allow them to become too crusty.

Pour tomato sauce over meatballs covering them well. Cover the skillet and bake in 325 degree oven for about 45 minutes, or if desired, cover and simmer over low heat for about 45 minutes.

Add a small amount of additional water if liquid cooks down too much.

*Tomato Sauce:*

- 1 can (6 ounce) tomato paste
- 1¾ cups water
- 1 teaspoon salt
- ½ teaspoon sugar
- ⅛ teaspoon pepper
- 1½ tablespoons Worcestershire sauce

Combine all ingredients well and simmer over low heat.