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Shop Smart Sharpen Your Food –Buying Habits 4 Know Meats to Manage Meat Money
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● SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

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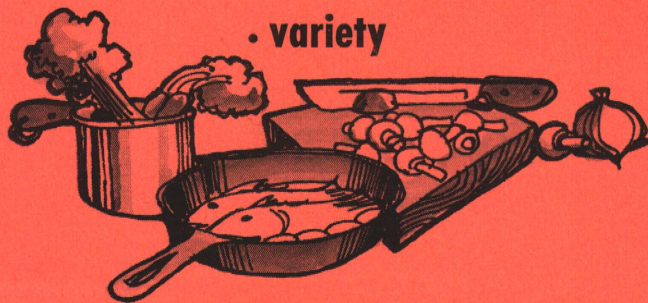
KNOW MEATS
TO MANAGE
MEAT MONEY

DON'T OVERSPEND ON MEAT

Meat costs more than most other foods. To get the most flavor, tenderness and nutrition for your meat dollar, prepare it as carefully as you can.

1. Take advantage of weekly "specials" on meat in the stores. You may save 10 to 20 percent of your food dollar.
2. Buy lower grades of meat. USDA Good and USDA Standard are often good buys because they have more lean and less waste fat and they sell for a lower price. All lean meat, regardless of grade, has the same amount of protein.
3. Serve less tender cuts—stews, pot roasts, boiled dinners and braised beef cuts. Slow cooking with moist heat makes them tender, juicy, and delicious.
4. Meat broth, drippings and gravy, and meaty bones add delicious flavor but little protein to such filling dishes as rice, noodles, bread dressings, and peas and beans.
5. "Do it yourself" and save! A whole chicken costs less than a cut-up one because when you buy a cut-up chicken, you pay the butcher to do the cutting.
6. Use inexpensive meat substitutes often. The following foods are about equal to one serving of meat:
 - 1 cup cooked dry beans, peas or lentils
 - 4 tablespoons peanut butter
 - 2 or 3 eggs
 - 2 ounces cheddar or processed cheese
 - ½ cup cottage cheese.
7. On a low cost budget, about 1/5 to 1/4 of your food money for meat will leave enough money for other needed foods.

BUY MORE • health
• pep
• satisfaction **WITH YOUR FOOD MONEY**
• variety



WESTERN STEAK

(5 to 6 servings)

2½ pounds chuck or round steak, cut about ¾ inch thick

Flour

Salt and pepper to taste

1-2 tablespoons oil or other fat

½ cup onion, chopped coarsely (about 1 medium)

1 (6 ounce) can tomato sauce

½ cup green pepper, chopped (about ½ medium)

1 cup beef bouillion

1 teaspoon chili powder

Trim excess fat from edges of chuck steak.

Salt and pepper to taste.

Flour lightly.

Brown on both sides in 1 tablespoon of hot oil or other fat.

Add chopped onion and cook until transparent in meat drippings.

Combine tomato sauce, green pepper, chili powder and beef bouillion and pour over browned steak.

Cover and cook slowly until tender (about 1 hour).

Serve with hot rice or potatoes.

BEEF-POTATO BAKE

(8 servings)

2 pounds hamburger

1 clove garlic or 1 teaspoon garlic powder

½ cup onion, chopped

½ teaspoon salt

6 medium potatoes, peeled and thinly sliced

2 cans (1 pound each) tomatoes

1½ teaspoons salt

½ teaspoon pepper

9 bay leaves (optional)

Lightly brown hamburger and chopped onion in uncovered casserole in 375-degree oven. Crumble with fork and add garlic and salt. Drain excess fat. Using one-third of each ingredient, put layer of beef in bottom of large, greased casserole, then a layer of sliced potatoes, next a layer of tomatoes; sprinkle with salt and pepper and add bay leaves. Repeat layers and seasonings. Bake in covered casserole for 1½ hours or until potatoes are tender.