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Shop Smart Sharpen Your Food –Buying Habits 9 How Far Will Your Meat Go?
Michigan State University
Cooperative Extension Service
Home and Family Series
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October 1969
2 pages

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SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

by Anita Dean and Portia Morris
Extension Specialists in Nutrition

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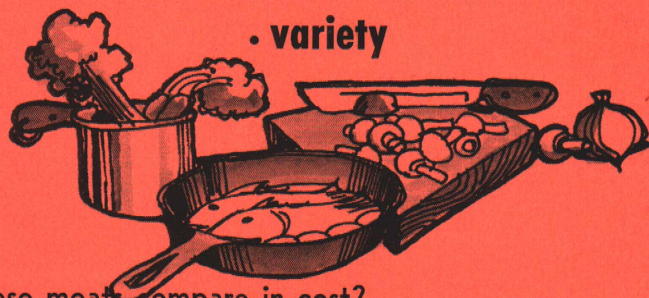
HOW FAR WILL
YOUR MEAT
GO?

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

• health
 • pep
 • satisfaction
 • variety

BUY MORE WITH YOUR FOOD MONEY



How do these meats compare in cost?

Hamburger

price of 1 pound59 cents
 servings from 1 pound4
 cost of 1 serving15 cents

Whole fryers

price of 1 pound39 cents
 servings from 1 pound1½
 cost of 1 serving26 cents

Pork luncheon meat

price of 12 ounce can48 cents
 servings from 1 can4
 cost of 1 serving12 cents

Chicken breasts, fryers

price of 1 pound69 cents
 serving from 1 pound3
 cost of 1 serving23 cents

PORCUPINE MEATBALLS

9 servings

- | | |
|--------------------------------|------------------------|
| 1½ pounds hamburger | ⅓ cup chopped onion |
| ¾ cup uncooked regular rice | 1½ teaspoons salt |
| ¾ cup milk or water | ¾ teaspoon celery salt |
| ¾ 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 | ½ teaspoon sugar |
| 1¾ cups water | ⅛ teaspoon pepper |
| 1 teaspoon salt | 1½ tablespoons Worcestershire sauce |

Combine all ingredients well and simmer over low heat.