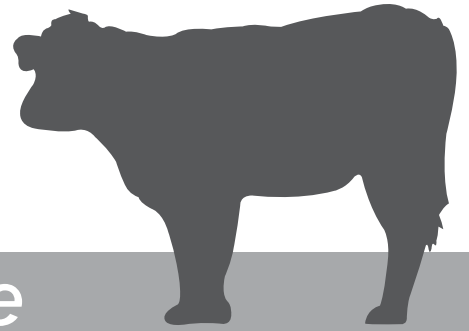




MISSOURI BEEF



at a glance

The Mo Beef Mo Kids Mo Fit (MoBKF) program connects schools and their food service professionals to cattle farmers and ranchers to “beef” up school lunches. MoBKF is supported through the Beef Checkoff and by more than 45,000 Missouri farmers and ranchers, in cooperation with the Missouri Department of Agriculture.

PRODUCER PROFILE



“Our children eat school lunch every day and are excited to tell their friends that they helped raised the donated beef on their lunch tray. We are proud to raise quality, tasty and nutritious beef a few miles from Palmyra Elementary.”

Pictured: Mark and Amy Lehenbauer, along with their three children on their Marion County farm. Lehenbauer Farms, Inc. is a fourth-generation family farm with strong roots in crop and cattle production.

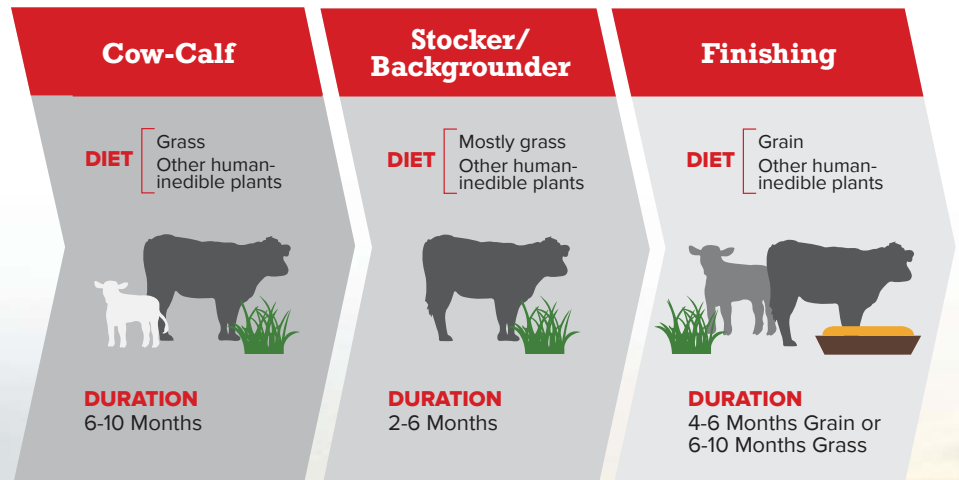
Missouri cattle farmers and ranchers are passionate about their way of life. The beef community is committed to raising beef in a safe and sustainable way.



MISSOURI
is home to
45,000
CATTLE FARMS

The average
HERD SIZE
in MISSOURI is
40 COWS

TYPICAL U.S. CATTLE LIFE CYCLE



BENEFITS OF BEEF

IRON
helps your body use oxygen



VITAMINS B₆ AND B₁₂
help maintain brain function



ZINC
helps maintain a healthy immune system



CHOLINE
supports nervous system development



BEEF'S BIG 10

PHOSPHORUS
helps build bones and teeth



PROTEIN
helps preserve and build muscle



Do more than just get through the day – be your best every day! Here's how beef's essential nutrients can help.

NIACIN
supports energy production and metabolism



SELENIUM
helps protect cells from damage



RIBOFLAVIN
helps convert food into fuel



DID YOU KNOW?

Don't be left unsatisfied. A 3-oz serving of lean beef provides 25g (about half) of the daily value for protein, which is one of the most satisfying nutrients.

Get your workout in! Exercise is more effective when paired with a higher-protein diet.

Interested in heart health? Research shows that including lean beef, even daily as part of a heart-healthy diet and lifestyle, improved cholesterol levels.

SURPRISE!

Some cuts of beef are as lean as a 3oz, skinless chicken thigh.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5oz cooked serving.

B-VITAMINS
in beef help give you the energy to tackle busy days.

Tear Off Recipe

BEEF UP YOUR MEALS AT HOME



ENGLISH MUFFIN CHEESEBURGER PIZZAS

Cheeseburgers and pizza? Two of our favorite things, combined into one!

INGREDIENTS:

1-1/2 pounds ground beef (95% lean)
2 cups pasta sauce (any variety)
1 cup diced onion
1 cup diced red bell pepper
1 tablespoon plus 1 teaspoon dried Italian seasoning

1/4 teaspoon salt
6 English muffins, split, toasted
1/2 cup reduced-fat shredded cheddar cheese
1/4 cup reduced-fat shredded mozzarella cheese



30
MIN



6
SERVINGS



410
CAL



35 G
PROTEIN

COOKING:

1. Preheat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, onion, bell pepper, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, stirring occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

2. Top each muffin half evenly with beef mixture and cheeses. Bake at 400°F 5 to 7 minutes or until cheese is melted.



Ask Chuck about all things beef, visit chuckknowsbeef.com!