

Name: _____

BE EF builds healthy bodies.



B6 + B12

Fuel your brain



Protein
builds muscles



iron



helps your body use oxygen

zinc

helps keep you from getting sick

Choline

helps you think and learn

Selenium
protects cells



Phosphorus

helps give you strong bones and teeth



Niacin

gives you energy

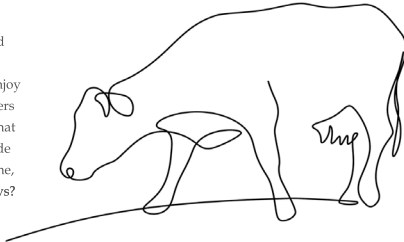


Riboflavin

makes food into fuel

Did you know?

Thank you to farmers and ranchers who provide nutritious beef, so we can enjoy things like tacos, hamburgers and more. Did you know that beef cattle also help provide other products like medicine, textiles, soap and piano keys?



DYK?

One 3-ounce serving of beef provides **10 essential nutrients** and roughly half of your daily **protein**.

English Muffin Cheeseburger Pizza

- 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

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.

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



This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium, and a good source of Dietary Fiber, and Choline. Recipe courtesy of infatsoordiner.com.

mobeefkids.com

Name:

Beef fuels your body and mind!

Draw or write about your favorite activity below:

