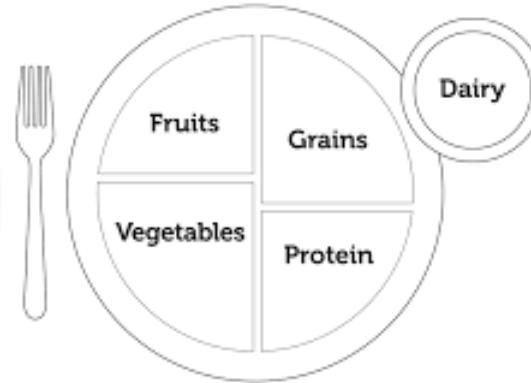
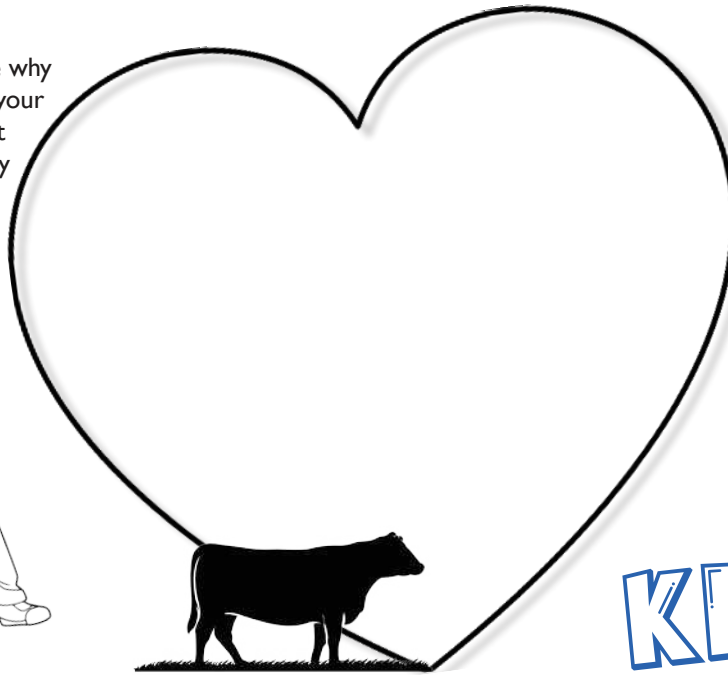


I ♥ BEEF!

February is HEART HEALTH Month!

Inside the heart, share why you love beef. You can draw your favorite recipe or write about your favorite activity fueled by beef.



DYK?

Lean beef can be part of a heart healthy diet. One 3-ounce serving of beef provides essential nutrients including B6, B12, **protein**, iron and zinc.

Beef can make you feel fuller longer and help maintain a healthy and active lifestyle.

FUN FACT

One cow hide can make 144 baseballs!

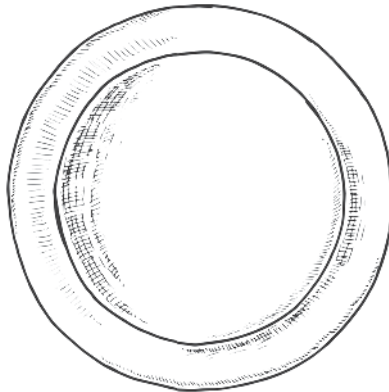


Choose **MyPlate.gov**

KIDS IN THE KITCHEN



Draw your favorite beef meal, to include dairy, fruit, vegetable and grain (using **MyPlate** as an example):

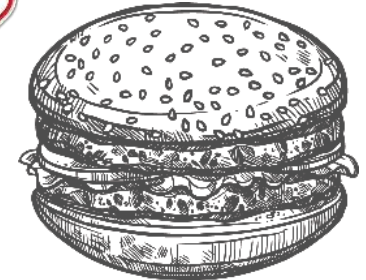


BEEFY SWEET & SLOPPY JOES



INGREDIENTS:

- 1 pound Ground Beef (96% lean)
- 1 cup chopped yellow, green or red bell pepper
- 3/4 cup finely chopped onion
- 1 can or bottle (12 ounces) 100% vegetable juice
- 2 tablespoon lightly-packed brown sugar
- 1 tablespoon Worcestershire sauce
- 4 whole wheat hamburger buns, split



COOKING:

Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4-inch crumbles and 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.

Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally. Evenly place beef mixture on bottom half of each bun; close sandwiches.

**Always cook under adult supervision.*

