# 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.











WORD FIND Cattle

**Farmers** Hamburger Heart Iron **Nutrients** Protein Ranchers Steak

> Zinc Taco



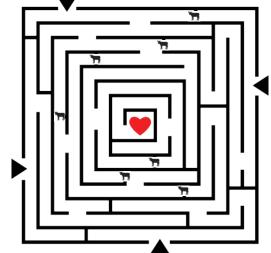




baseballs! اللللللل

> 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.



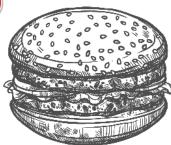
## **INGREDIENTS:**

- I pound Ground Beef (96% lean)
- I cup chopped yellow, green or red bell pepper

**BEEFY SWEET & SLOPPY JOES** 

- 3/4 cup finely chopped onion
- I can or bottle (12 ounces) 100% vegetable juice
- 2 tablespoon lightly-packed brown sugar
- I 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.



