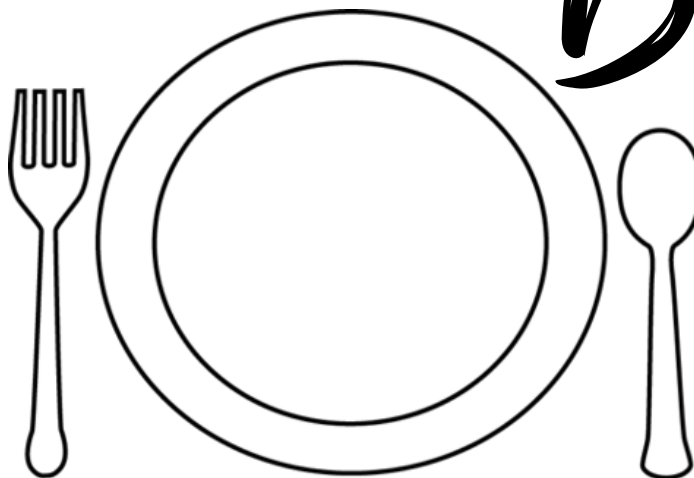


# CHRISTMAS BREAK WITH

# Benny

## DYK?

Eating beef fuels your body and brain, which helps you to read more books and play!



Grab your pencil and draw your favorite holiday beef meal!

Connect the dots and color with your markers to create your own holiday Benny the Bull!



Unscramble the words, then do the action.

10 MJPUGNI JSCKA \_\_\_\_\_

9 KKCIS \_\_\_\_\_

8 HSPU PSU \_\_\_\_\_

7 PUMSJ \_\_\_\_\_

6 QSTASU \_\_\_\_\_

5 UCNRHECS \_\_\_\_\_

4 PSIKS \_\_\_\_\_

3 IGHH ENSEK \_\_\_\_\_

2 RAHEMSC \_\_\_\_\_

1 NRU \_\_\_\_\_

## Kids Recipe Corner

### Cheeseburger Mac

#### Ingredients:

- 1 lb Ground Beef
- 1 3/4 cup Water
- 1 cup Elbow Macaroni, dry
- 6 oz Processed Cheese Spread, cubed
- 8-10 Dill Pickles, sliced (Optional)

#### Directions:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.
2. Stir in water and macaroni; bring to a boil. Reduce heat; cover and simmer 9 to 11 minutes or until macaroni is tender.
3. Stir in cheese cubes. Cook 1 to 2 minutes or until heated through, stirring occasionally.
4. Season with salt and pepper, as desired. Serve beef mixture topped with pickle slices, if desired.



\*\*Always cook with parent supervision!

