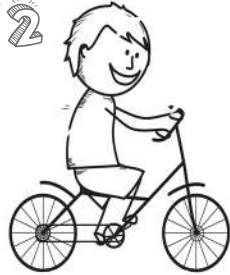


# BE EF builds healthy bodies.



**B6 + B12**

Fuels your brain



**Protein**

builds muscles



**iron**



helps your body use oxygen

**Choline**

helps you think and learn

**Zinc**

helps keep you from getting sick

**Selenium**

protects cells



**Phosphorus**

helps give you strong bones and teeth!



**Niacin**

gives your energy

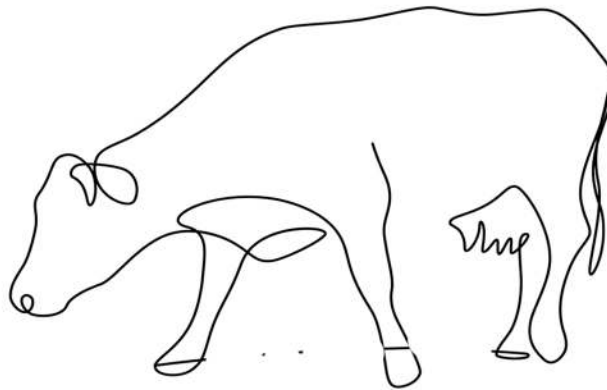


**Riboflavin**

makes food into fuel

**DYK?**

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



**thank you**

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 helps provide other products like medicine, textiles, soap and piano keys!

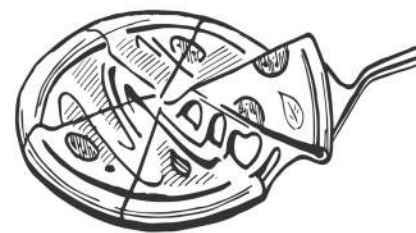
## English Muffin Cheeseburger Pizza

- 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 [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com).



[mobeefkids.com](http://mobeefkids.com)