

Dr. Seuss'

Steak for Supper

(From the Bippolo Seed and Other Lost Stories)



'Stew for a Few' Recipe

Ingredients

- 2 pkgs Hormel Beef Tips in Gravy (Found in Refrigerator Section)
- 1 lb Pre-Cooked Lean Ground Beef (Hormel Crumblers)
- 2- 8.5 oz. Cans Mixed Vegetables or Mixture of Individual Canned Vegetables
- 2-32 oz. Boxes of Low-Sodium Beef Broth

Supplies

- Roaster or Crock-Pot
- Power Source
- 40 Cups and Spoons
- Ladle
- Can Opener

Nutritional Info

| | |
|--------------------|---------|
| Calories | 69.3 |
| Total Fat | 3.9 g |
| Saturated Fat | 1.5 g |
| Unsaturated Fat | 1.2 g |
| Cholesterol | 19.5 mg |
| Sodium | 228.4 |
| Potassium | 79.2 mg |
| Total Carbohydrate | 1.8 g |
| Dietary Fiber | 0.4 g |
| Sugars | 0.8 g |
| Protein | 6.8 g |

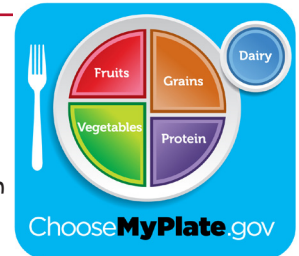
Other Vitamins and Minerals % of Daily Value

Vitamin A 19.0 %, Zinc 3.1 %, Vitamin B-12 5.0 %, Selenium 3.1 %, Vitamin B-6 2.0 %, Calcium 1.4 %, Iron 4.0 %, Magnesium 1.1 %, Manganese 2.6 %, Niacin 4.7 %, Phosphorus 2.5 %, Riboflavin 2.2 %

Directions

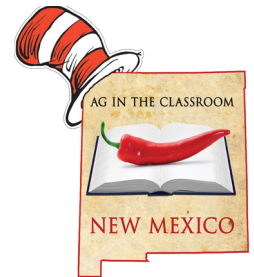
1. Place all ingredients in roaster pan or Crock-Pot and mix.
2. Heat thoroughly (length of time it takes to read "Steak for Dinner").
3. Dish into cups and serve.
Note: Recipe will allow enough for 40 to taste-test

Check out choosemyplate.gov to learn more about nutritional information and healthy foods!



New Mexico

Beef Facts



- A person who raises beef cattle is called a rancher.
- Male cattle are called bulls.
- Cattle are New Mexico's most locale-appropriate agriculture with a history of animal husbandry spanning 400 years.
- A 'black baldy' most times is a cross between an Angus and a Hereford.
- Beef dominates the retail meat department in volume (pounds) of sales and total dollar amount.
- Cows are female cattle who have given birth to a calf.
- Beef is an excellent source of protein, iron, vitamins B3, B6 and B12 and is the #1 source of zinc in the human diet in the United States.
- The protein in beef is a complete, high-quality protein, which means it supplies all of the essential amino acids, or building blocks of protein, the body needs to build, maintain and repair body tissue.
- Gelatin, made from bones and horns, is used in making candies, marshmallows and ice cream.
- Heifers are female cattle under two years of age that have not calved.
- A steer is a neutered male.
- Both male and female cattle can have horns.
- Polled cattle are born without the ability to grow horns.

This presentation was made possible by:



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Check out our website nmaitec.org for other great lessons and resources!