

## Chow Down – on a Safe and Delicious Hamburger

Ground beef can contain harmful bacteria if not cooked properly.

No matter how you top it ...before you take a bite, be sure:

- it's brown in the center
- juices are clear
  - not pink, red or cloudy
- texture is firm
  - not soft, mushy or flaky

Whether you eat ground meat in a hamburger or in other dishes such as meat loaf, follow the ground beef food safety rules.






### Name the Food

Fat gives us energy. Eating a little is okay. To be heart healthy, go lean on fat. We can see and trim away the fat on foods like meat and chicken. Many foods have fat we can't see and that can't be removed.

To find some foods with hidden fat, sound out each picture word.

1.  + D + BAR = \_\_\_\_\_

2.  +  = \_\_\_\_\_

3.  +  +  = \_\_\_\_\_

## Macaroni and Beef Olé

Preparation time: 5 minutes; cooking time: 15 minutes

1 lb. ground beef

3 cups beef broth made from beef bouillon or add 3 cups of water

1/2 lb. macaroni pasta

1 1/4 cups condensed Cheddar cheese soup

1/2 cup salsa

1/2 cup parsley, chopped (if you like)

Heat a heavy nonstick skillet over medium high heat. Sauté meat 3-4 minutes, stirring to break up meat, until browned. Spoon off excess fat. Stir in beef broth or water. Stir in pasta and reduce heat to medium. Cook 8-10 minutes, stirring often, until macaroni is almost tender. Stir in cheese soup and salsa. Cook until heated through. Stir in parsley before serving.

Per serving: calories 557, fat 22.5 g, 37% calories from fat, cholesterol 100 mg, protein 36.9 g, carbohydrates 50.4 g, fiber 2.8 g, sodium 1289 mg.

### Answers:

1. candy bar
2. doughnut
3. chicken pot pie

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