Meat And Meat Foods

Meat is pork, beef, veal, lamb, and venison. Meat foods are poultry, fish, eggs, dried beans and peas, and peanuts.

Meat
Beef
Pork
Veal
Lamb
Venison

Poultry
Chicken
Turkey
Duck

Fresh and Canned Fish

Dried beans and peas, canned pork and beans and kidney beans

Peanuts and peanut butter

Eggs

Why Eat Meat And Meat Foods?

These foods make children grow and stay healthy. They help keep adults healthy. Meat and meat foods are rich in:

- Protein
- B vitamins
- Iron

Protein is one thing everyone must have every day. It keeps the body living. It makes children grow. It helps keep children and adults healthy.

B vitamins help you look and feel good.

Iron is a mineral. It helps your body make blood.

For most current information: http://extension.oregonstate.edu/catalog
How Much Meat Or Meat Foods Should You Eat Every Day?

- Eat at least **two servings** every day.
  
  Count as one serving:
  
  1 large meat patty  
  (1 lb. hamburger makes 4 or 5)
  
  1 chicken leg  
  2 wings  
  \( \frac{1}{2} \) breast
  
  2 eggs
  
  1 cup cooked beans or peas
  
  2 weiners
  
  1 pork chop

**Meat Planning**

Plan your meal around meat or meat food. Choose the meat food first. Then pick the vegetables, bread, and dessert to go with the meat.

**Vegetables**

Gravy

**Milk**

Fried Chicken

**Bread and Butter**

Mashed Potatoes

**Fruit Sauce and Cookies**

THIS PUBLICATION IS OUT OF DATE. For most current information: http://extension.oregonstate.edu/catalog
Buying Meat And Meat Foods

Eggs, poultry, and meat have about the same food value. To be a good shopper and to save money:

- Check weekly food bargains. Buying foods on special will save you money.
- Make a grocery list before shopping.
- Shop in a store that is clean.
- Buy meats that have the most lean. Don't pay a high price for fat, bone, and gristle.
- Buy a whole chicken. Usually it is a better buy than one that is cut up.
- Buy fresh fish only from stores where it is kept very cold. Canned and frozen fish may be good buys.
- Buy eggs only where they are kept cold.
- Buy dry beans and cook them yourself. Canned beans cost more.
- Buy peanut butter in a plain glass jar. Peanut butter in fancy glasses costs more.
- Teach your family to eat liver. Liver is rich in iron and B vitamins. You can buy lamb, beef, and pork liver.

(This publication is out of date. For most current information: http://extension.oregonstate.edu/catalog)
Cooking Meat

Remember these two important rules when you cook meat and meat foods:

Cook meat and meat foods over low or medium heat. High heat makes these foods tough and dry.

Give less tender cuts of meat (shoulder, beef chuck, round steak) plenty of time to cook. Cover pan with a tight lid to hold in steam. Covering helps make meat juicy and tender.

How To Cook Juicy Hamburgers

- Cook hamburgers in a skillet over medium heat.
- Salt and pepper them.
- Cook until pink color is gone.
- Turn only once. Cook other side.
- Don’t press patties down while cooking them.

How To Make A Beef Pot Roast

- Brown meat in medium hot fat.
- Add small amount of water. Add salt and pepper. Cover and simmer until meat is tender.
- Or, put roast in 325° oven and bake it until tender. Allow about 45 minutes for each pound. Add potatoes, carrots, and onions during last hour of cooking.
Ways To Stretch Meat Foods

Use meat juices, gravy, and bones to add flavor to bean or pea soup.

Add sliced hard cooked eggs to creamed salmon or tuna.

Add bread crumbs or oatmeal and milk to hamburger when you make meat loaf.

Add an egg to bread dressing. Use 1 egg to 1 quart of bread crumbs.

New Way To Boil Beans

1. Boil 2 cups beans in 6 cups water for 2 minutes.
2. Take beans off range and soak them 1 hour. Or soak them overnight in a cool place.
3. Cook beans in water they were soaked in. Add 1 teaspoon of salt for 2 cups dry beans.
4. Cook until beans are soft.
5. Add salt pork, bacon ends, pieces of ham, and onion for more flavor.
Recipes

Liver and Onions (6 servings)

- Salt and pepper 1½ pounds of sliced liver.
- Roll slices in flour.
- Add ¼ cup fat or drippings to skillet.
- Heat skillet over medium heat.
- Add liver slices and brown.
- Turn slices. Add 2 sliced onions.
- Add a small amount of water.
- Lower heat under skillet.
- Put lid on skillet and cook until liver and onions are tender (20-30 minutes).

For a family meal, serve: Liver and Onions, creamed potatoes, buttered carrots, bread and butter, and fruit sauce and cookies.

Salmon Loaf (6 servings)

- Drain a 1-pound can of salmon. Save the juice.
- Remove bones and skin from salmon.
- Add to salmon and mix together:
  - The salmon juice plus enough milk to make ¾ cup
  - ¼ cup chopped green pepper
  - 2 eggs
  - 1½ cups dry bread crumbs
  - 2 tablespoons chopped onion
  - ¼ cup melted butter

- Spoon into greased loaf pan.
- Bake in 350° oven for 50 minutes.

For a family meal, serve: Salmon Loaf, baked potatoes, creamed peas, bread and butter, cole slaw, and ice cream.

THIS PUBLICATION IS OUT OF DATE.
For most current information: http://extension.oregonstate.edu/catalog
Storing Meat And Meat Foods

- Take off store wrapping from raw meat, fish, and poultry.
- Cover meat loosely with wax paper or a clean bread wrapper.
- Put meat in coldest part of your refrigerator.
- Use ground meat (hamburger) within 2 days after you buy it. If you must keep it longer, freeze it.
- Store frozen meat, fish, and poultry in the freezer part of your refrigerator or in your home freezer.
- Keep eggs covered in the refrigerator.
- Store nuts, dry beans, and peas in covered cans or jars.