

*Click on the logo to go to our website.

***Servings: 40 (small cups)**

Ingredients

- 2 pkgs of Hormel Beef Tips in Gravy (found in refrigerated section)
- 1 lb. of Pre-cooked lean ground beef (Hormel Crumblers)
- 2 - 8.5 oz. cans of mixed vegetables or a mixture of individual canned vegetables
- 2 - 32 oz. containers of Beef Broth (Low-Sodium)

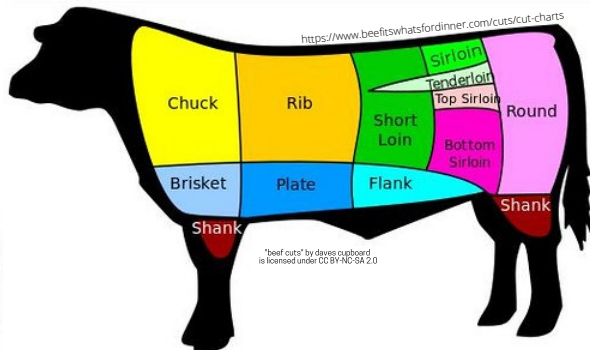
Materials Needed:

- 1 Crockpot or roasting pan
- 1 can opener
- 1 ladle and scraper
- Cups and spoons (enough for the class)
- Napkins
- *Tops and Bottoms* book

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". Dish into cups and serve.
3. Note: Recipe will allow enough for 40 to taste-test.

Beef Cuts



Fill in the beef cut names.

1. C _ _ c _
2. _ l _ t _
3. R _ _ n _
4. _ o _ t _ _ s _ r _ _

Beef Facts

- A person who raises beef cattle is called a **rancher**.
- 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.
- Beef is an excellent source of protein, iron, vitamins B3, B6 & B12.
- Beef is the #1 source of zinc for 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.
- **Cows** are female cattle who have given birth to a calf.
- **Heifers** are female cattle under two years of age that have not calved.
- Male cattle are called **bulls**.
- A **steer** is a neutered male.
- Both male and female cattle can have horns.
- Polled cattle are born without the ability to grow horns.

STEW FOR A FEW

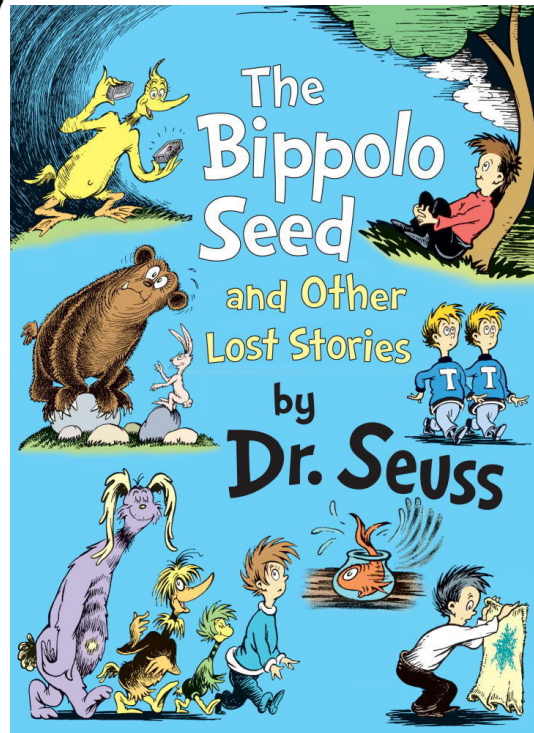
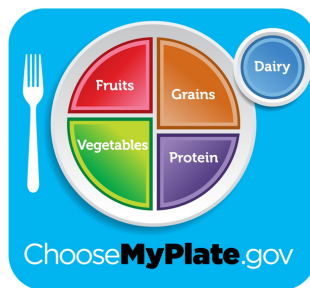


Helpful Hint:

- Veg-all Mixed Vegetables can be used instead, but be sure to check allergy info, prior to use.
- Check out choosemyplate.gov to learn more about nutritional information and healthy foods.

How much food from the Protein Foods Group is needed daily?

The amount of protein foods you need to eat depends on a number of factors, including physical activity. The amount each person needs can vary between 2 and 6½ ounce-equivalents each day.



For more great beef lesson plans and resources, click each link:

Links

Commodities in the U.S.

<https://bit.ly/3aZvyRk>

Cattle in the Environment

<https://bit.ly/3aXf3FO>

Lessons

Eat 'Em Up (k-2)

<https://bit.ly/3p76koP>

Edible Numbers (3-5)

<https://bit.ly/2Z6NNyE>

The Remarkable Ruminant (6-8)

<https://bit.ly/3d2yMWS>

To access these resources, lessons and more, visit:
www.nmaitc.org