

**SIMPLY NUTRITIOUS...**

# *Lean Ground Beef*



*Quick. Delicious. Everyday.*



**Lean and Extra Lean ground beef are part of the Health Check™ program.**



Health Check™ is a Heart and Stroke Foundation of Canada education program that helps you make healthy food choices based on *Canada's Food Guide to Healthy Eating*.

**Look for the Health Check™ symbol.** Foods using the symbol meet specific nutritional standards set by the Heart and Stroke Foundation of Canada.

**Health Check™... tells you it's a healthy choice!**

**For health-conscious meals choose:**

- Extra Lean Ground Beef (10% maximum fat). Best for meat loaf, cabbage rolls or stuffed peppers.
- Lean Ground Beef (17% maximum fat). This all-purpose grind is great for use in all kinds of ground beef recipes. It's Canada's No. 1 grind!
- New lean Beef Source Grinds (such as Lean Ground Chuck and Lean or Extra Lean Ground Round and Ground Sirloin.) Source Grinds are flavourful grinds made from single cuts of beef. Use in recipes where beef flavour is the feature.

***You can feel good about serving ground beef –  
ever popular, always convenient and good for you!***

## CLEVER QUESADILLAS

These mildly spiced, nutrient-packed quesadillas are more of a meal than the traditional cheese variety.

**Prep:** 5 minutes **Cooking:** 20 minutes

**1. Pan-fry** 12 oz (375 g) **Extra Lean Ground Beef** seasoned with 1 tbsp (15 mL) **chili powder** for 6 to 8 minutes, breaking meat into small chunks with back of spoon, until beef is browned and cooked through. Remove from heat.

**2. Stir** in 1/2 cup (125 mL) EACH **shredded light Cheddar cheese** and **refried beans**, 1/3 cup (75 mL) **salsa** and 1 **green onion** (chopped). Spread 1/2 cup (125 mL) over 1 **small flour tortilla**; top with a second tortilla. Repeat with **8 more tortillas**.

**3. Bake** on cookie sheet at 450°F (230°C) for 8 to 10 minutes or until golden. Cut into wedges. **Makes 5 servings.**

Per Serving: 452 Calories, 27 g protein, 14 g fat, 54 g carbohydrate  
% Daily Value (DV): an excellent source of iron (36% DV) and zinc (46% DV), 29% DV sodium

**Cook's Notes:** For a child-friendly no-spice version, use ketchup instead of salsa and reduce or omit the chili powder.

# Lighten up!



Spices you probably have in your cupboard turn everyday ground beef into an exotic dish for supper or entertaining. Serve over couscous and garnish with toasted pine nuts and fresh coriander.

## MOROCCAN STIR-FRY (on cover)

**Prep:** 15 minutes **Cooking:** 20 minutes **Serves:** 6

1 lb (500 g)	<b>Extra Lean or Lean Ground Beef</b>
1	onion, chopped
1	EACH carrot and sweet pepper, cut into matchstick pieces
2	cloves garlic, minced
1 tbsp (15 mL)	paprika
1 tsp (5 mL)	EACH ground ginger, cumin and cinnamon
1/4 tsp (1 mL)	EACH salt, pepper and hot chili pepper flakes
1 can (28 oz/796 mL)	diced tomatoes
3/4 cup (175 mL)	sliced green olives

**1. Cook** ground beef and onion, carrot, sweet pepper and garlic in large skillet over medium-high heat for 8 to 10 minutes, breaking beef into small chunks with back of spoon, until beef is browned.

**2. Stir** in seasonings and cook, stirring, for 1 minute. Stir in tomatoes and bring to boil.

**3. Reduce** heat to low and simmer, covered, for 5 to 10 minutes or until vegetables are tender. Stir in olives; heat through.

Per Serving (made with Extra Lean): 190 Calories, 18 g protein, 8 g fat, 12 g carbohydrate  
% Daily Value (DV): good source of iron (24% DV) and an excellent source of zinc (43% DV), 31% DV sodium



## HEALTH-CONSCIOUS COOKING:

• **Cooking can reduce the amount of fat in raw ground beef on average by one third.** Grilling, broiling and pan-frying allows fat to drip out or be drained off.

• You can rinse cooked drained ground beef with hot water to **reduce fat even further.**

## Nutrition you can count on.

Ground beef is an excellent source of protein, zinc and vitamin B<sub>12</sub> and a good source of ready-to-use iron.

†Choosing leaner ground meats (Extra Lean or Lean) is part of healthy eating.



### Extra Lean Ground Beef (raw)

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 4 g	
+ Trans 0.3 g	<b>20 %</b>
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 21 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
B <sub>12</sub> 70 %	Zinc 50 %

### Lean Ground Beef (raw)

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g	
+ Trans 0.5 g	<b>34 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %
B <sub>12</sub> 80 %	Zinc 50 %



The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)



*For nutrition, great taste, convenience, value, versatility ...  
and to support communities across the country,*

**Make it Canadian Beef – today.**



**Beef** Information Centre

For more delicious beef recipes, visit [beefinfo.org](http://beefinfo.org) or call 1-888-248-BEEF.