

Farm Fresh Friday: Beef



Fun Facts

- Cows cannot see the color red.
- Cows can smell up to six miles away.
- Cows only sleep for about four hours per day.
- Beef contains protein, zinc, vitamin B6 and B12, selenium, iron niacin, phosphorous, choline and riboflavin.
- On average, Americans consume 55 pounds of beef each year.

Kansas is ranked third in beef cattle production with 6.5 million head as of January 2022.



Provided by Kansas Farm Food Connection and Kansas Agriculture.gov

Cooking with Beef

Cooking Methods

The best to prepare beef products is dependent on the cut. Tougher cuts include the chuck, flank, brisket, and round. Moist cooking methods, such as braising and stewing, are best. Tender cuts such as the ribs and loin can be cooked under dry heat like grilling, roasting and skillet cooking.

Beef Cuts in Child Nutrition Programs

Ground Beef: Ground beef is versatile for many meals. When receiving, be sure to check the fat percentage. Typical beef to fat ratios includes 70/30, 80/20 and 90/10.

Round: The round is location on the back portion of the cow. This meat can be used for fajitas, BBQ beef sandwiches or roasts.



Storage

It is important to consider cross contamination when handling raw products:

Use separate utensils when handling raw meats.

Store raw products in shelves or drawers under ready to eat foods.

Wash your hands in between preparation of raw and ready to eat products.

Beef Breakfast Burrito

Ingredients	Weight	Measure	Directions
Beef, raw, ground (80% lean)	12 lb		1. Combine beef, garlic powder, onion powder, sage and crushed red pepper in large bowl. Brown beef, breaking into 1/2-inch crumbles until internal temperature reaches 160 degrees F. Drain beef. Remove from heat; add onion and peppers, add salsa.
Garlic Powder		1/2 cup	
Onion Powder		1/2 cup	
Rubbed Sage		1/4 cup	
Crushed Red Pepper (optional)		2 Tbsp	2. Portion 1/3 cup beef mixture (#12 scoop), 1/4 cup scrambled eggs (#24 scoop) and 1 Tbsp cheese across center or tortilla, leaving 1-inch on right and left edges. Fold edges of tortilla over filling. Wrap burrito in foil or parchment paper. Place in hotel pan.
Onions and Peppers, frozen sliced or diced	32 oz		
Salsa	24 oz		3. Preheat oven to 375° F. Bake burritos for 10 to 12 minutes until cheese is melted and burritos are heated thoroughly.
Tortillas, 10-inch whole-grain flour (2 – ½ oz each)		100	
Eggs, raw, scrambled		72	
Cheese, shredded, blend		8 cups	
<p>CCP: Heat to 160° F or higher for 15 seconds. CCP: Hold hot for service at 135° F or higher. CCP: Hold at 41° F or below for cold service.</p>			4. Serve hot.

Serving Size	1 Serving Provides	Yield
1 burrito	2.25 oz eq M/MA 2.5 oz eq grains	100 servings

Recipe adapted from Kansas Beef Council

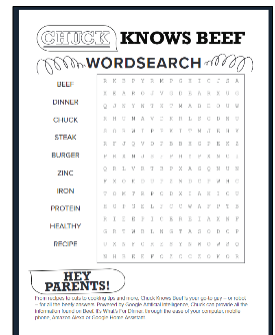
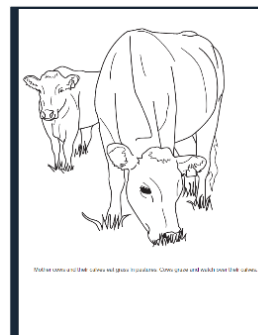
Activity

Beef Coloring Book Pages and Wordsearch

Print coloring book with pages and wordsearch for a fun beef activity:

<https://beef.widen.net/s/tpcvcffvhl/coloring-book>

Provided by the Beef Checkoff



This institution is an equal opportunity provider.