



A Nutrition Resource

BEEF AND POTATOES

Yield: 7 Servings | Serving Size: 1 cup

Cost/Serving: \$1.11

Ingredients:

- 1 pound ground beef
- 1 1/3 cup water
- 6 to 8 medium potatoes, peeled and thinly sliced
- 3/4 cup Eating Smart Seasoning Miz from the Eating Smart Being Active *Let's Cook!* cookbook*
- Salt, to taste

Directions:

- 1) Wash and peel the potatoes.
- 2) Collect, slice, and measure all ingredients before starting to prepare the recipe.
- 3) Brown ground beef in a large skillet. Remove the skillet from the heat. Remove excess fat by pushing the beef to one side, then tilt the skillet in the opposite direction so the liquid fat pools away from the beef. Use a large spoon to remove the liquid fat from the pan. Discard the fat in the trash can.
- 4) Put the skillet back on the heat. Add water, potatoes, and seasoning mix. Stir to combine with the beef.
- 5) Bring to a boil, then reduce heat to low, cover, and simmer for 20 to 30 minutes or until potatoes are tender.
- 6) Uncover and cook until excess water is evaporated.
- 7) Taste and add a small amount of salt if desired.
- 8) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be Creative! Add chopped, cooked vegetables or frozen vegetables such as onion, carrots, peas, green beans, or corn after simmering.

Nutrition Facts

7 servings per container

Serving size 1 Cup (322g)

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 10g 13%

Saturated Fat 4g 20%

Trans Fat 1g

Cholesterol 45mg 15%

Sodium 140mg 6%

Total Carbohydrate 39g 14%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 17g 34%

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 3mg 15%

Potassium 1080mg 25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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EXTENSION



A Nutrition Resource



***Eating Smart Seasoning Mix**

Makes: 2 1/2 cups

Preparation Time: 10 minutes

Ingredients

- 1 1/4 teaspoons black pepper
- 1 Tablespoon garlic powder
- 2 Tablespoons dried parsley flakes
- 3/4 cup dried, minced onion
- 2 cups dry milk

Directions

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Mix all ingredients in a small bowl.
- 3) Store in an airtight container.
- 4) Use in the Beef and Potatoes recipe as indicated.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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