

Farm to Summer Newsletter

Featured Food: Beef

Beef is an excellent source of protein and provides a variety of essential vitamins and minerals. Protein plays an important role in the development and repair of muscles and organs. The human body can produce 11 of the 20 amino acids, or building blocks, of protein. Animal proteins, like beef, are some of the most concentrated sources of the amino acids that cannot be produced by the body. Beef is not only low in saturated fat but contains B vitamins, like Vitamin B12 and Vitamin B6. These B vitamins are key for brain development, immune function, and healthy blood and nerve cells.



When choosing cuts of beef, select cuts with the least amount of visible fat and choose ground beef with the lowest percentage of fat. Before preparing, trim off any solid fat. After cooking ground meat, drain the fat off and blot with a paper towel to remove any residual fat.

Meals to Try

Beef and Bean Tamale Pie
Beef and Vegetable Stir Fry
Spaghetti and Meat Sauce
Mini Hamburgers Sliders

Featured Recipe: Hash Brown Stacker

Ingredients	Quantity	
	Weight	Measure
Frozen hash brown patty	3 lb 8 ¼ oz	25 each (2 ¼ oz patties)
Fresh onions, chopped	4 oz	¾ cup
Pickles, dill, chopped	6 oz	1 cup
Ground beef, raw (no more than 10% fat)	1 lb 8 oz	3 cups
Ground black pepper		1 tsp
Low-fat cheddar cheese, shredded	10 oz	2 ½ cups
Ketchup	6 oz	½ cup + 1 Tbsp
Mustard	6 oz	½ cup + 1 Tbsp

Makes 25 servings.

Instructions:

1. Place hash brown patties on a sheet pan lined with parchment paper and lightly coated with pan-release spray.
2. Bake:
 - a. Conventional oven: 375°F for 15-18 minutes.
 - b. Convection oven: 375°F for 10 minutes.
3. Critical Control Point: Heat to 140°F or higher and hold for hot service at 140°F or higher.
4. Set aside for step 9.
5. In a large stock pot, add onions and pickles. Sauté uncovered over medium-high heat for 1-2 minutes until translucent.
6. Add beef and pepper. Cook uncovered over medium-high heat for 3-4 minutes. Stir often until the meat is well done.
7. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
8. Remove the beef mixture from the heat and drain in a colander. Set aside for step 9.

Instructions continued:

Assembly per pan:

9. Using a No. 30 scoop, portion 2 Tbsp (about 1 oz) beef mixture on top of each hashbrown.

10. Sprinkle 1 Tbsp 1 $\frac{3}{4}$ tsp cheese on top of beef mixture.

11. Bake:

a. Conventional oven: 375°F for 15-18 minutes.

b. Convection oven: 375°F for 10 minutes.

12. Drizzle 1 tsp ketchup and 1 tsp mustard over each patty.

13. Critical Control Point: Hold for hot service at 140°F or higher.

14. Serve 1 Hash Brown Stacker.

Child and Adult Care Food Program (CACFP) Crediting Information:

$\frac{1}{4}$ cup vegetable, 1 oz eq meat alternate

Notes:

- Cooking Process #2: Save Day Service.
- This recipe can be doubled to yield 50 servings. See details online by clicking the [link](#).

Featured Resources

Local Beef Directory

The Ohio Beef Council is a non-profit organization tasked with the promotion of Ohio beef products. Use the [Ohio Beef Directory](#) to find local beef producers in your county. To serve local beef in your child nutrition programs, ensure the facility has undergone all applicable state or federal inspection and processing requirements.

Featured Activity

In collaboration with the [State Library of Ohio](#), a children's book list was created to highlight cattle the chosen food of today's newsletter. Check out these cow-inspired books for young readers. Use [this map](#) to find local public libraries in Ohio to check out one of the featured books.

Space Cows by Eric Steltzer,
illustrated by Tom Disbury

The Cow Who Clucked by Denise
Fleming

Moo! by David LaRochelle, illustrated
by Mike Wohnoutka

Click, Clack, Moo: Cows That Type
by Doreen Cronin, illustrated by Betsy
Lewin

**The Story of Milk: It Starts with
Grass** by Stacy Taus-Bolstad

How Do Animals Give Us Food? by
Linda Staniford

**Clarabelle: Making Milk and So
Much More** by Cris Peterson,
photography by David R. Lundquist

