

EXPLORING THE MEAT CASE

Labels Have Specific Meanings

Grass-finished or Grass-fed: Cattle that are grass-finished spend all of their lives on grass. All cattle are grass-fed, spending the majority of their lives eating grass on pastures and then some transition to grain, finishing in a feedyard.

Organic: To be labeled organic, beef must meet the rigorous United States Department of Agriculture's National Organic Program regulations. These cattle are fed 100% organic feed products and are grazed exclusively on certified organic grass pastures.

Natural: This label does not have a legal definition, so it is considered a marketing claim.

Naturally raised: The USDA regulated claim means cattle have never received any antibiotics or growth promoting hormones.

Nutrition

One 3 oz. cooked serving of lean beef contains, on average, **10 essential nutrients** including high-quality protein, iron, zinc and B-vitamins. About **two-thirds of beef** in the meat case meets the USDA definition for lean. These lean cuts include top sirloin, top and bottom round roast, strip steak and many more.

Ground Beef

Ground beef is labeled based on the **amount of lean meat** and fat contained in the product. A product labeled 80/20 is 80% lean meat and 20% fat. Always cook ground beef to an internal temperature of **160 degrees Fahrenheit**.



SESAME-SOY BEEF STIR-FRY

Ingredients

- 1 pound beef Sirloin Tip Steaks, cut 1/8 to 1/4 inch thick
- 1 package (16 ounces) frozen stir-fry vegetable mixture
- 2 teaspoons cornstarch dissolved in 1/3 cup water
- 2 cups cooked rice
- 1/4 cup chopped toasted walnuts

Marinade:

- 3 tablespoons soy sauce
- 2 teaspoons dark sesame oil

Instructions

1. Stack beef Top Sirloin Tip Steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Combine marinade ingredients in medium bowl. Remove and reserve 2 tablespoons mixture. Add beef to remaining marinade; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Combine vegetables and 1/4 cup water in large nonstick skillet; cook over medium-high heat 4 to 5 minutes or until most of water is evaporated and vegetables are hot, stirring occasionally. Remove from skillet and set aside.
3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef. Combine cornstarch mixture and reserved marinade mixture. Return beef and vegetables to pan. Add cornstarch mixture; cook and stir 1 minute or until thickened and bubbly. Serve over rice. Sprinkle with walnuts, if desired.

Nutrition information per serving: 375 Calories; 100.8 kcal Calories from fat; 11.2 g Total Fat; 2.5 g Saturated Fat; 0.2 g Trans Fat; 4.1 g Polyunsaturated Fat; 3.3 g Monounsaturated Fat; 63 mg Cholesterol; 429 mg Sodium; 37 g Total Carbohydrate; 3.5 g Dietary Fiber; 30 g Protein; 4.1 mg Iron; 281 mg Potassium; 6.2 mg Niacin; 0.4 mg Vitamin B6; 1.3 mcg Vitamin B12; 4.7 mg Zinc; 34 mcg Selenium; 93.4 mg Choline