

Lean Meat is Good to Eat

Lean cuts of meat

Beef

Arm pot roast
Chuck roast (round bone)
Round (all cuts)
Flank Steak \$\$
Rump roast \$\$
Sirloin (all cuts) \$\$
Tenderloin (all cuts) \$\$
90% lean ground beef

Pork

Loin chops
Rib chops (well trimmed)
Tenderloin \$\$

Game (farm-raised

game is more expensive)
*Opossum
*Rabbit \$\$
*Squab \$\$
Squirrel
*Venison
Wild duck

Poultry (skin removed)

Chicken
Cornish hen \$\$
Pheasant \$\$
Turkey

Lamb

Chops
Leg roast \$\$
Loin roast \$\$
Shank \$\$

*These are tougher cuts of meat. Cook them using moist heat.

\$\$ These meats are more expensive cuts.

Remember to:

- ❖ Trim off the fat you can see.
- ❖ Remove skin from poultry.
- ❖ Cook without adding fats such as oil, butter or margarine.
- ❖ Chill soups and stews and remove the solid fat layer from the top.
- ❖ Use lean ground beef when you cannot remove fat.

To cook tougher cuts of meat using moist heat:

Brown the raw meat in a small amount of fat. Add water to the meat. Cover the pot and cook at a low temperature for 1 to 2 hours or until tender. Add more water during cooking if the water cooks off.

Tougher cuts of meat can also be made more tender by pounding or marinating them before cooking.

Lean Meat is Good to Eat (continued)

The Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

Reducing fat in crumbled, cooked ground meat.

It is possible to reduce the fat in ground beef and save money. Buy regular ground beef for recipes that use crumbled, cooked ground beef and follow these steps. It's as easy as 1,2,3!

1. Drain off fat after browning ground meat.
2. Rinse the browned meat in hot (not boiling) water. Use a colander, strainer or pan with a lid to drain water from rinsed meat.
3. Blot drained meat with paper towels to remove remaining water and some fat.

Basic Marinade
(enough for about 1 pound of meat)

- 1 Tablespoon water
- 3 Tablespoons lemon juice
- 3 Tablespoons vinegar
- Soy sauce to taste

Combine ingredients in a glass or stainless bowl. Add meat, cover and put in refrigerator. Marinate cubed meat for 2 to 3 hours. Marinate large pieces of meat longer. If you plan to use the marinade after removing the meat, be sure to cook it thoroughly to kill harmful bacteria.

Compare the Fat		
3 ounce portion of ground meat	Calories	Fat (grams)
Pan-broiled patty (70% lean)	243	18
Pan-broiled patty (90% lean)	169	9
Pan-broiled crumbled after rinsing and blotting (70% lean)	135	6

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