



A Nutrition Resource



BASIC MEAT MIX

Yield: 5 packages for individual recipes | Package Size: 2 1/3 cups

Cost/Serving: \$1.44

Ingredients:

- 5 pounds lean ground beef (15% fat or less)
- 2 medium onions, chopped
- 1 cup chopped celery
- 1 clove garlic, minced or 1 teaspoon garlic powder
- 3/4 teaspoon pepper

Directions:

Microwave

- 1) Combine onions and crumbled ground meat in a microwave safe 5-quart casserole dish. Cover.
- 2) Microwave on HIGH 14 to 16 minutes or until meat loses its pink color, stirring 2 to 3 times.
- 3) Drain fat. Stir in remaining ingredients. Cover.
- 4) Microwave on HIGH 5 to 8 minutes.

Stovetop

- 1) Brown onions and ground meat in a large skillet or pot. Drain fat.
- 2) Stir in remaining ingredients. Cook over medium heat for 15 minutes.

To Freeze

- 1) Divide cooked mixture into 5 containers or freezer bags (approximately 2 1/3 cups each).
- 2) If using freezer bags, remove air from bags, seal, press flat, and freeze.

Nutrition Facts

5 servings per container

Serving size 2 1/3 cup (156g)

Amount per serving

Calories **220**

% Daily Value*

Total Fat 14g 18%

Saturated Fat 5g 25%

Trans Fat 1g

Cholesterol 60mg 20%

Sodium 80mg 3%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 18g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 2mg 10%

Potassium 394mg 8%

*The % Daily Value 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.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

To Defrost

Place 1 package Basic Meat Mix in container called for in recipe you plan to use.

- **Microwave** until defrosted (stir frequently and break apart with a fork once or twice).

OR

- On **stovetop**, heat on medium heat for 10 to 15 minutes before continuing with recipe.

OR

- Defrost meat **in refrigerator** overnight.

This mix can be used in any recipe calling for cooked hamburger.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION