

# Go Lean With Ground Beef

(NAPSA)—The ground beef you love is good for you—and the good news is that lean ground beef is easier to find too! Ground beef, the most common way to consume naturally nutrient-rich beef in the United States, is unique because it can differ in lean and fat content when it's sold at grocery stores. Now, 95 percent of grocery stores sell ground beef that is 90 percent lean or leaner (Final Report for the 2005 National Beef Market Basket Survey, funded by the beef checkoff), so it's easier than ever to “go lean with protein” as recommended in the United States Department of Agriculture's (USDA) *MyPyramid*.

According to government guidelines, a serving qualifies as “lean” if it has less than 10 grams fat, 4.5 grams or less saturated fat and less than 95 milligrams of cholesterol per serving and per 100 grams—or ground beef that is labeled as 91 percent lean or higher.

The Ground Beef Calculator, available at <http://www.ars.usda.gov/nutrientdata/GroundBeefCalculator>, is the solution to finding nutrition information on the variety of lean ground beef options available. By inputting a few key factors into the interactive tool, you can determine the full nutritional content, including calories, vitamins and nutrients, for ground beef up to 95 percent lean.

Lean ground beef is a healthy option that can easily be incorporated into a variety of delicious recipes. *The Healthy Beef Cookbook* (Wiley, \$21.95), created by the beef checkoff and the American Dietetic Association (ADA), with Chef Richard Chamberlain and registered dietitian Betsy Hornick, offers more than 25 recipes featuring lean ground beef and 100 additional recipes that utilize lean muscle cuts.

“The ground beef calculator, together with recipes from *The Healthy Beef Cookbook*, provides simple solutions for choosing lean ground beef as part of a healthy lifestyle,” says co-author Betsy Hornick, M.S., R.D.

**The mushroom merlot burger** is a nutrient-rich lean ground beef recipe that adds a delicious twist to your favorite burger. And, the classic bistro flavors of mushrooms and wine truly enhance the flavor of this open-faced burger.

## MUSHROOM MERLOT BURGERS

*Total preparation and cooking time: 55 minutes*

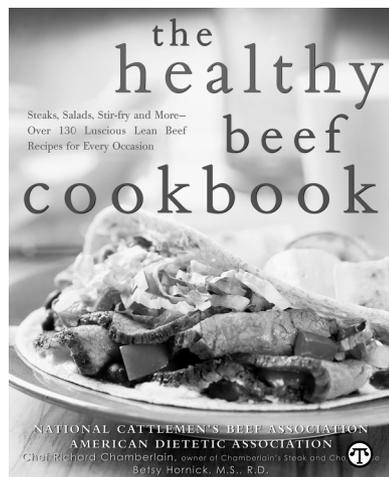
- 1 pound ground beef (95% lean)
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 large portobello mushrooms
- 4 slices French bread, cut diagonally ½ inch thick
- 2 ounces goat cheese (½ cup)
- 4 romaine lettuce leaves
- Chopped fresh parsley (optional)

### Sauce:

- 1 teaspoon olive oil
- 2 tablespoons minced shallots
- 1 cup Merlot or other dry red wine
- ¼ cup ready-to-serve beef broth
- 2 teaspoons fresh thyme chopped
- 1 tablespoon butter
- 2 teaspoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. To prepare sauce, heat oil in large nonstick skillet over low heat. Add shallots; cook and stir 6 to 8 minutes or until caramelized. Stir in wine, broth and thyme. Cook over medium-high heat 8 to 10 minutes or until liquid is reduced to ½ cup. Combine butter and flour; whisk into sauce. Stir in ¼ teaspoon salt and ¼ teaspoon pepper. Cover; keep warm.

2. Combine ground beef, 2 tablespoons parsley, ½ teaspoon salt and ½ teaspoon pepper in large bowl, mixing lightly but thoroughly. Lightly



shape into four ½-inch-thick patties. Set aside.

3. Place mushrooms on grid over medium, ash-covered coals; grill, uncovered, 16 to 18 minutes or until tender, turning occasionally. About 10 minutes before mushrooms are done, move mushrooms to outer edge of grid. Place patties in center of grid; grill 11 to 13 minutes to medium (160°F) doneness, until no longer pink in center and juices show no pink color, turning once. Place bread slices on grid; grill until toasted, turning once.

4. Reheat sauce, if necessary. Spread 1/2 of cheese on toasted bread slices. Top each with lettuce leaf, mushroom and burger; drizzle evenly with sauce. Crumble remaining goat cheese over tops; sprinkle with parsley, as desired.

Makes 4 servings.

**Nutrition information per serving:** 454 calories; 15 g fat (7 g saturated fat; 5 g monounsaturated fat); 79 mg cholesterol; 557 mg sodium; 40 g carbohydrate; 3.5 g fiber; 33 g protein; 11.5 mg niacin; 0.5 mg vitamin B6; 2.2 mcg vitamin B12; 5.2 mg iron; 50.6 mcg selenium; 6.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc, and a good source of fiber.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc.