



# BEEF

From the pasture...to your plate!

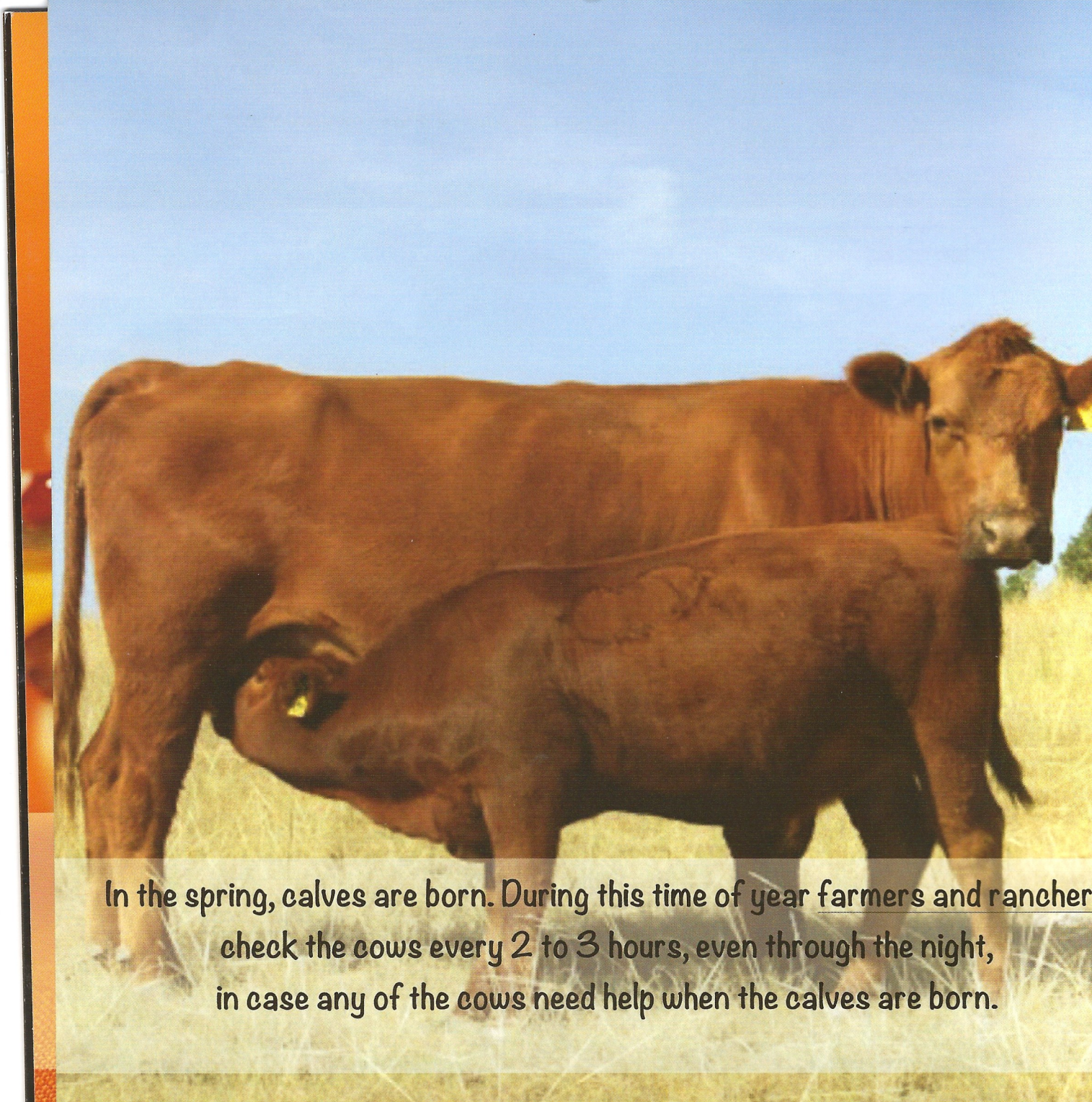


Have you ever wondered where your hamburger came from? A restaurant?  
The grocery store? Maybe even your mom's refrigerator?  
Grab your boots and gloves...  
to answer this question we have to step out of the kitchen!

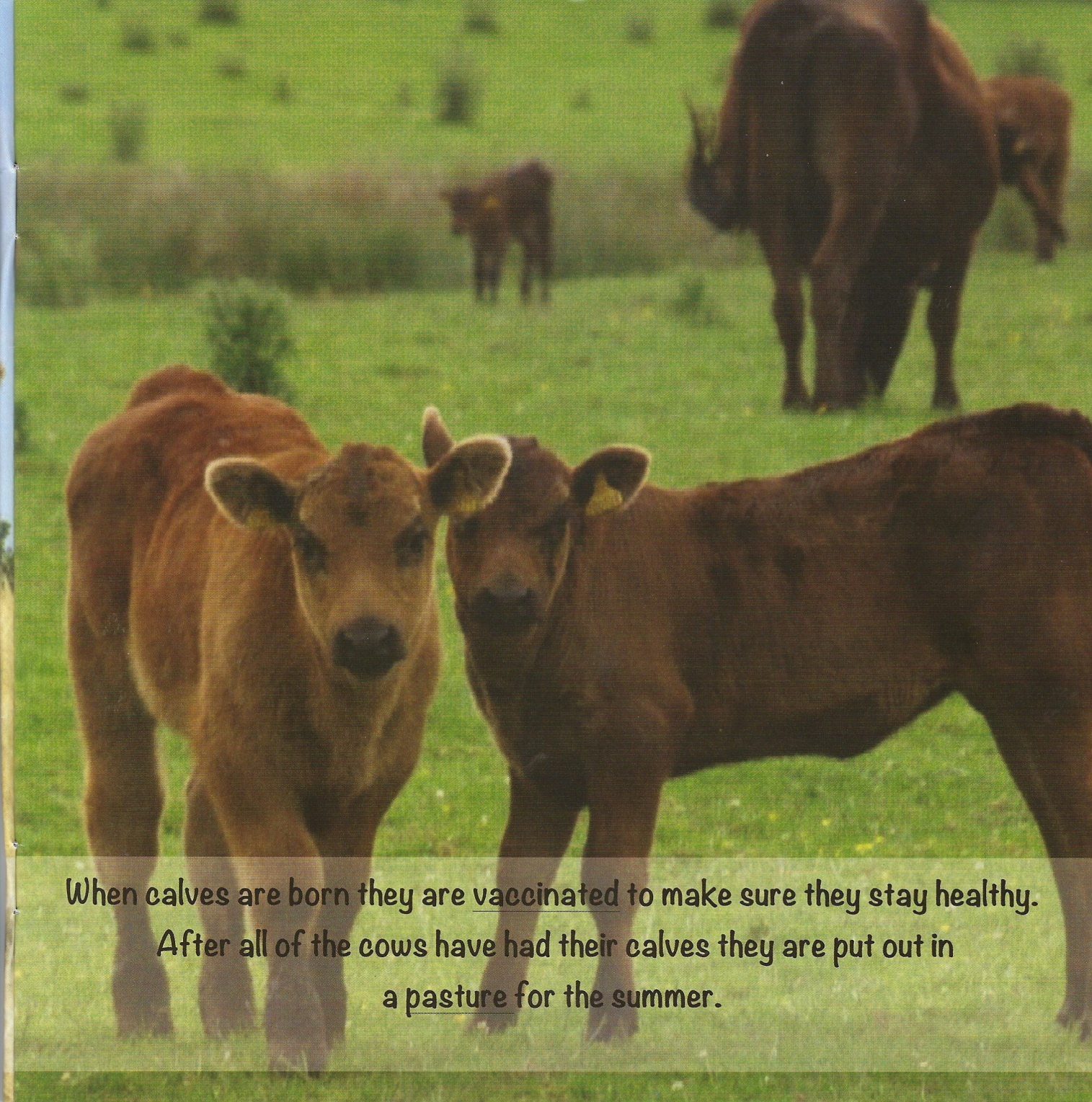


It all starts here!

Many people work every day raising cattle to make sure that  
we are able to enjoy tasty beef.



In the spring, calves are born. During this time of year farmers and ranchers check the cows every 2 to 3 hours, even through the night, in case any of the cows need help when the calves are born.



When calves are born they are vaccinated to make sure they stay healthy.  
After all of the cows have had their calves they are put out in  
a pasture for the summer.



During the summer while the cattle are in the pasture eating grass, farmers and ranchers make sure they always have salt and mineral to help them stay strong as well as clean water to drink.

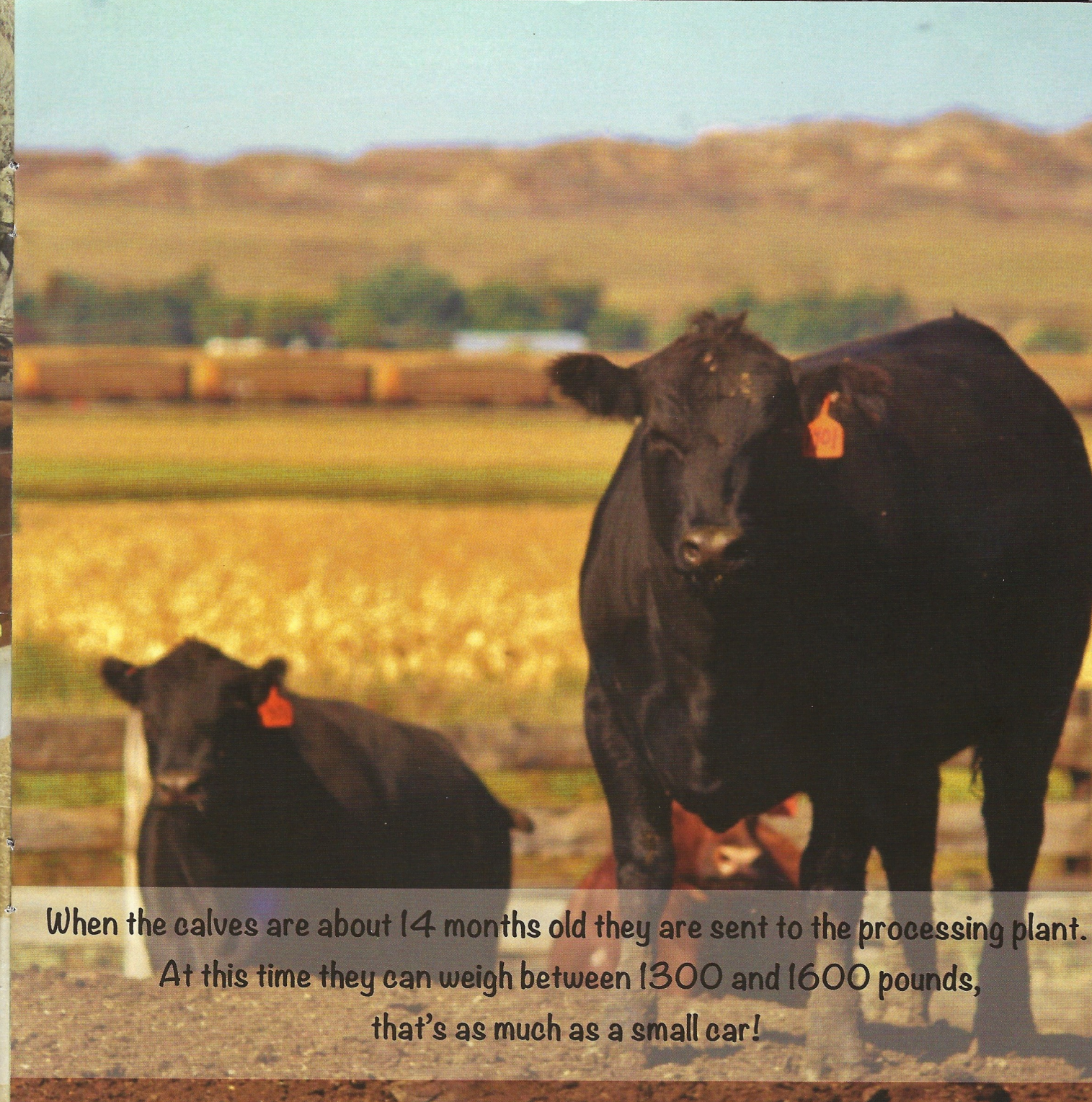


In the fall, the calves are weaned from the cows.  
They now will live on their own and have a lot of time to eat and grow.



The calves are now kept in a feedlot and fed a very nutritious diet to help them grow.





When the calves are about 14 months old they are sent to the processing plant.  
At this time they can weigh between 1300 and 1600 pounds,  
that's as much as a small car!

## CHUCK

Chuck Eye Roast, Boneless  
Top Blade Steak, Boneless  
Arm Pot Roast  
Shoulder Pot Roast, Boneless  
Mock Tender Roast  
Blade Roast  
Under Blade Pot Roast  
7-Bone Pot Roast  
Short Ribs  
Flanken-Style Ribs  
Cross Rib Pot Roast

## RIB

Rib Roast, Large End  
Rib Roast, Small End  
Rib Steak, Small End  
Rib Eye Steak  
Rib Eye Roast  
Back Ribs

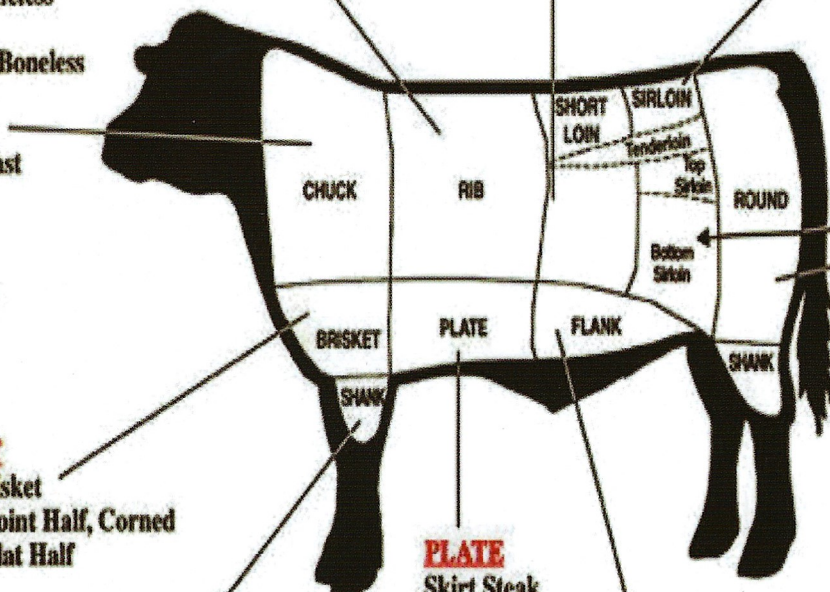
## SHORT LOIN \*

Top Loin Steak, Boneless  
T-Bone Steak  
Porterhouse Steak  
Tenderloin Roast/Steak

## SIRLOIN \*

Top Sirloin Steak  
Sirloin Steak  
Tenderloin Roast/Steak  
Beef Tri-Tip

*The tri-tip roast is a boneless cut from the bottom sirloin. It is also called a "triangular roast" because of its shape.*



## BRISKET

Whole Brisket  
Brisket, Point Half, Corned  
Brisket, Flat Half

## PLATE

Skirt Steak

## ROUND \*

Round Steak  
Top Round Roast  
Top Round Steak  
Bottom Round Roast  
Tip Roast Cap Off  
Eye Round Roast  
Tip Steak  
Boneless Rump Roast

## SHANK

Shank Cross Cut

## FLANK \*

Flank Steak  
Flank Steak Rolls

\* Beef primals that feature cuts lowest in

At the processing plant the cattle are processed and cut into roasts, steaks, and hamburger.



The meat is then packaged and sent to restaurants and grocery stores where people can buy it to enjoy a delicious and healthy meal.

# Glossary

Farmers and Ranchers- people who raises livestock for food

Vaccination- medicine given to prevent sickness.

Pasture- a large area of grass for animals to graze

Mineral- important nutrients the body needs to stay strong

Weaned- removed from their mother

Feedlot- a confined area where cattle are fed in large groups to fatten them

Processing Plant- where animals are processed and meat is cut,  
packaged and shipped

Try these kid friendly  
beef recipes at home!

# Nacho Beef Dip



## INGREDIENTS

1. 1 pound Ground Beef
2. 1 jar (15 to 16 ounces) cheese dip with salsa (salsa con queso) or other cheese dip
3. 1/2 cup thick-and-chunky mild or medium salsa

## Toppings:

1. Diced red bell pepper, thinly sliced green onions, sliced ripe olives (optional)
2. Blue, yellow and/or white corn tortilla chips

## INSTRUCTIONS FOR NACHO BEEF DIP

1. Heat nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Add cheese dip and salsa; cook and stir about 3 minutes or until mixture is heated through.
2. Pour beef mixture into shallow serving dish. Garnish with toppings, if desired. Serve with tortilla chips for dipping.

Nutrition information per serving, using 95% lean Ground Beef:

100 calories; 5 g fat,(2 g saturated fat;  
1 g monounsaturated fat); 30 mg cholesterol; 393 mg sodium; 6 g carbohydrate;  
1.0 g fiber; 9 g protein; 2.1 mg niacin; 0.1 mg vitamin B6; 0.8 mcg vitamin B12;  
0.9 mg iron; 6.0 mcg selenium; 2.0 mg zinc.

*This recipe is a good source of protein, niacin, vitaminB12 and zinc.*

# Beef and Cheese Tortilla Towers

## INGREDIENTS

1. 1 pound Ground Beef (95% lean)
2. 1 jar (16 ounces) thick-and-chunky salsa
3. 3/4 cup canned black beans, rinsed, drained
4. 1/2 teaspoon ground cumin
5. 7 small whole wheat tortillas (6 to 7-inch diameter)
6. 1 cup shredded reduced-fat Mexican cheese blend
7. Chopped fresh cilantro (optional)



## INSTRUCTIONS FOR BEEF AND CHEESE TORTILLA TOWERS

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove drippings. Stir in salsa, beans and cumin. Cook 3 to 5 minutes or until heated through and most of liquid has evaporated. Remove from heat.
2. Heat oven to 350°F. Spray baking sheet with nonstick cooking spray. Place 2 tortillas in single layer on pan. Spoon generous 1/2 cup beef mixture on each tortilla; sprinkle each with 2 tablespoons cheese. Repeat layering of tortillas, beef mixture and cheese twice. Sprinkle remaining cheese over tops of tortilla towers. Cut 8 small stars from remaining tortilla with cookie cutter; arrange on towers. Bake in 350°F oven 12 to 15 minutes or until heated through and cheese melts.
3. Meanwhile, combine salsa ingredients in small bowl. Set aside.
4. Cut each tortilla tower into 4 wedges. Garnish with cilantro, if desired. Serve with fruit salsa.

Nutrition information per serving:

478 calories; 13 g fat (7 g saturated fat; 3 g monounsaturated fat); 91 mg cholesterol; 1725 mg sodium; 65 g carbohydrate; 7.1 g fiber; 39 g protein; 8.2 mg niacin; 0.6 mg vitamin B6; 2.3 mcg vitamin B12; 4.8 mg iron; 18.4 mcg selenium; 7.0 mg zinc.

# Muffin Style Cheeseburger Pizza



## INGREDIENTS

1. 1-1/2 pounds Ground Beef (95% lean)
2. 2 cups pasta sauce (any variety)
3. 1 cup diced onion
4. 1 cup diced red bell pepper
5. 1 tablespoon plus 1 teaspoon dried Italian seasoning
6. 1/4 teaspoon salt
7. 6 English muffins, split, toasted
8. 1/2 cup reduced-fat shredded Cheddar cheese
9. 1/4 cup reduced-fat shredded mozzarella cheese

## INSTRUCTIONS FOR MUFFIN-STYLE CHEESEBURGER PIZZA

1. Preheat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking beef into small crumbles, stirring occasionally. Add pasta sauce, onion, bell pepper, Italian seasoning and salt; continue cooking 5 minutes or until vegetables are crisp-tender, stirring occasionally.
2. Top each muffin half evenly with beef mixture and cheeses. Bake at 400°F 5 to 7 minutes or until cheese is melted.

Nutrition information per serving:

407 calories; 13 g fat (5 g saturated fat; 3 g monounsaturated fat); 80 mg cholesterol; 891 mg sodium; 37 g carbohydrate; 4.5 g fiber; 35 g protein; 13.1 mg niacin; 0.5 mg vitamin B6; 2.4 mcg vitamin B12; 4.9 mg iron; 20.2 mcg selenium; 6.8 mg zinc; 84.2 mg choline.

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



**NEBRASKA**  
**CATTLEMEN**  
*Research & Education*  
**FOUNDATION**



Written By: Ashtyn Shrewsbury  
2015 Nebraska Beef Ambassador