

No. 4. GOOD THINGS WITH CANNED CHOPPED MEAT: Make It Last All Month
 Handouts: MP 219 Stretch Your Canned Chopped Meat

MSB '71

Purposes	Facts, Concepts, Key Points	Learning Experiences	Equipment and Materials Needed	Evidence of Success
<p>1. Extend meat by mixing other ingredients with it.</p> <p>2. Save meat so they can have some 2 or 3 times every week.</p>	<p>1. About 1/4 cup or a thin slice of the donated meat is enough for a person at one time.</p> <p>2. Other foods can be fixed with meat to make it go farther.</p> <p>Some of these are rice, beans, vegetables, bread.</p> <p>3. Meat comes from animals, poultry, and fish.</p> <p>Foods that come from animals such as meat, milk, or eggs are very good foods to keep our bodies strong and healthy.</p> <p>They are called animal foods. But a little each day is all that is necessary.</p> <p>4. Beans help take the place of meat so when beans and meat are together it is not necessary to have 1/4 cup of meat.</p> <p>This is also true if nuts or peanut butter are eaten at the same time meat or another animal food is eaten.</p> <p>It is not necessary to have meat at all if milk, cheese or eggs are part of the meal.</p>	<p>Make Tamalie Pie (two people together)</p> <p>Make Chili Con Carne (2 people together)</p> <p>Taste the Tamalie Pie and the Chili</p>	<p>Recipe on Mimeo-graphed sheet.</p> <p>Canned meat-measure. 1/4 cup for each person or 1 1/2 cups for the recipe.</p> <p>Cornmeal Salt Onion Celery or Green Pepper Chili Powder pepper</p> <p>Oven</p> <p>Equipment for measuring and mixing. Pan for baking. Dishes so all can taste.</p> <p>Canned meat-measure 1/4 cup for each person or 1 1/2 cups for recipe Kidney or Pinto beans, cooked 1 large onion 1 green pepper (if you use it) 1 can tomatoes 1 cup tomato sauce Fat Chili powder Salt</p>	<p>Did they make the Tamalie Pie?</p> <p>Did they like it?</p> <p>Can they make it at home?</p> <p>Did they make the Chili?</p> <p>Did they like it?</p> <p>Can they make it at home?</p>

