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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

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Soy-Meat Combos

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Increasing meat costs have focused consumer attention on soy proteins to supplement or substitute for meat.

University of Minnesota extension specialists say the greatest increases in soy protein consumption are expected in ground meat-soy blends and products such as sausages and weiners.

The blend of ground beef and rehydrated texturized soy now available at many fresh meat counters cannot be called "burger," according to Minnesota Department of Agriculture regulations.

The retail soy-beef mixture is made from beef, water and texturized soy protein. The texturization makes a difference acceptability of the product. It's not gritty and the "beany" flavor is overcome by adding flavorings. Ground beef, water and soy flour cannot be combined at home to produce the same texture and flavor as the commercially available blend.

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The Screwdriver

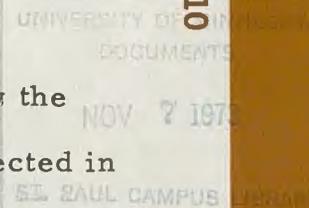
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You need two types of screwdrivers for household repairs-- straight blade and Phillips. Both come in various sizes. The blade of the screwdriver should fit the slot in the screw.

When using the screwdriver, push against the head of the screw as you turn it. It's easier to put a screw into wood if you make a hole first with a nail or drill. Rub wax or soap on the screw threads to make it go in easier.

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