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**Stretching
 Your
 Protein
 Dollar**

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Stretching Your Protein Dollar

People differ in the amount of money they are willing to spend for meat. Since it is a relatively expensive item in your food budget, buy meat wisely, care for it properly, conserve the nutrients, and develop the flavor.

Because of the variety of kinds and cuts of meat available, meat offers more variety and price range than almost any kind of food. Knowledge of the countless ways of using meat is a distinct advantage, especially for you concerned with meeting protein requirements on a limited budget and still providing varied and interesting menus. Knowing meats is not a complete answer. You must also know what other foods provide protein and use them in combinations with meats or in place of meat.

Use protein foods wisely

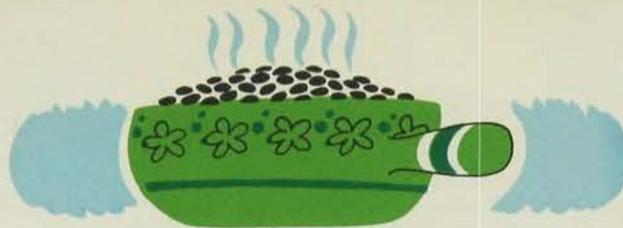
These hints may help you stretch your protein dollar:

- Know how many servings you can get out of a pound of meat.

meat characteristics	pounds per serving
Much bone, connective tissue, and fat	½ to 1
Medium bone, connective tissue, and fat	⅓ to ½
Little bone, connective tissue, and fat	¼ to ⅓
No bone, little connective tissue and fat	⅓ to ¼

- Cook meat to desired doneness at low temperature to prevent shrinkage.
- Extend meat with less costly protein such as cheese and beans.
- Take advantage of drippings by making gravy for extenders such as biscuits, dressing, or dumplings.
- Add variety with less expensive protein foods such as fresh, frozen, and canned fish; liver; heart; eggs; and beans.
- Buy fresh, good-quality food from a clean, well-managed market. Money spent for food that is not enjoyed or eaten is wasted.
- Store fresh meat unwrapped in the coldest part of your refrigerator. Use variety meats, chicken, fish, and ground meat within a day after purchase. Store cooled cooked meat and fish closely covered in your refrigerator. Plan to use within 2 or 3 days.

Stretch your protein dollar with these recipes:



PARTY KIDNEY BEANS (Large quantity recipe)

3 pounds dried kidney beans	6 slices bacon
6 to 8 cups beef bouillon (use bouillon cubes)	8 pepper corns
12 to 14 slices (thin) baked ham	2 tablespoons dried parsley
	1 cup dark brown sugar

Prepare 1 or 2 days in advance. Wash beans thoroughly and soak them in a cool place, preferably overnight, in beef bouillon. Beans should be well covered.

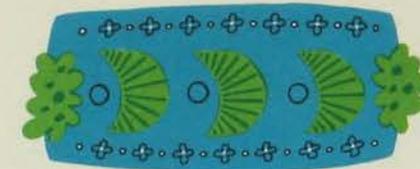
Next morning sauté ham and bacon until crisp and brown. Crush pepper. Drain beans, reserve liquid, line bottom of deep 24-cup earthenware casserole with ham and bacon. Add a 2-inch layer of beans and sprinkle with pepper, parsley, and brown sugar. Continue adding layers of ham, bacon, beans, and seasonings until casserole is three-fourths filled. Pour reserve liquid over all and add enough to keep beans covered. Cover and bake continuously for 8 hours at 250° F. Next day cook beans 4 hours continuously. Keep beans moist with bouillon until the last hour of baking; liquid can then be absorbed. Remove cover for browning.

Chill, package in freezer containers, and freeze if desired.

HOT MEAT CHEESE SANDWICH (9 SERVINGS)

1 loaf sliced white enriched bread	1 cup or more of grated American cheese
¼ cup melted butter	3 beaten eggs
1 12-ounce can of luncheon meat or equivalent in ground or very thinly sliced cooked ham	3 cups milk
	1 can mushroom soup diluted with ½ can milk

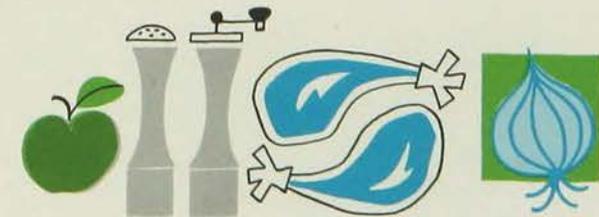
Butter a 9- x 13-inch loaf cake pan. Remove crusts from bread slices, cover the bottom of pan with bread. Brush with melted butter, spread with ground luncheon meat or ham slices. Distribute the cheese evenly over the meat. Cover meat and cheese with bread, crusts removed. Add milk to beaten eggs and pour over the bread, distributing the mixture evenly. Refrigerate several hours or overnight. Bake uncovered at 350° F. for 1 hour or until golden brown. Cut in squares and serve with mushroom sauce.



SAN-MATEO LOAF

1½ pounds ground beef	¼ teaspoon pepper
½ cup soft bread crumbs	4 or 5 pineapple slices
¼ cup milk	5 dried apricots or prunes
1 egg	½ cup seedless raisins
½ teaspoon tabasco sauce	

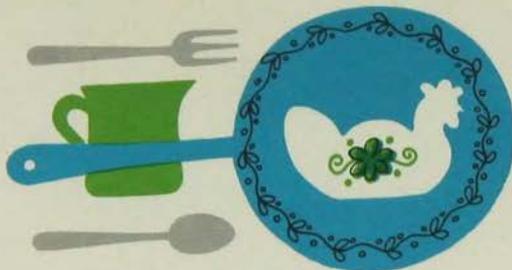
Separate egg. Add white to meat together with bread crumbs that have been soaked in milk. Add seasoning. Mix well. Pat out on aluminum foil in 8- x 12-inch rectangle. Beat egg yolk and combine with finely cut apricots and raisins and spread over surface of rectangle. Place halves of pineapple slices in 2 rows, lift foil, and roll meat as a jelly roll. Transfer to shallow greased pan. Place several strips of pineapple that have been dipped in brown sugar on top for garnish. Bake 50-55 minutes at 325° F. Serves 8 to 10.



PORK CHOP APPLE DELIGHT

6 pork chops, cut ¾ to 1 inch thick	unpared apples
3 tablespoons flour	3 tablespoons catsup
1 tablespoon lard or drippings	1 small clove of garlic, minced
½ cup chopped onion	1 teaspoon salt
2 cups thinly sliced	½ teaspoon pepper

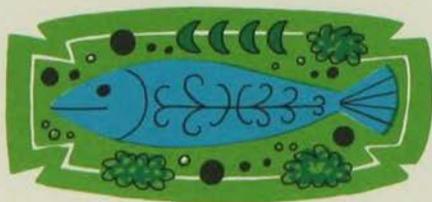
Dredge chops in flour and brown in lard or drippings. Pour off drippings. Combine onion, apples, catsup, and garlic. Add to chops. Sprinkle salt and pepper over chops and apple mixture. Cover tightly and simmer 45 minutes or until chops are done. Serves 6.



EASIEST OF ALL FRIED CHICKEN

2 cups crushed potato chips	1 (2½- to 3-pound) ready-to-cook frying chicken, cut up
¼ teaspoon garlic	⅓ cup melted butter
Dash of pepper	

Combine crushed chips and seasonings. Dip chicken in melted butter, roll in chip mixture. Place pieces, skin side up, so they do not touch in a greased shallow pan. Bake at 375° F. for 1 hour or until tender. Do not turn.



FRIED FISH WITH ONION SAUCE

6 northern pike fillets or herring	3 tablespoons fat
1 medium sized onion, sliced	1 cup cream or top milk

Clean and fillet the fish. Melt fat in frying pan and cook the onion in fat until yellow. Push the onion slices to one side of the frying pan. Fry fish slowly for about 10 minutes. Transfer to a hot platter and drain fat from pan. Add cream to onions in the pan and stir, making an onion sauce. Pour over fish and serve. Serves 6.

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