



JUNE 2024



If you're looking for a way to gain or maintain muscle, grow a healthy brain, and provide your body with what it needs to adequately heal, then you should make beef a part of your menu! Canned beef is a great way to buy this important food, because canned beef can last a long time on the shelf. This ensures you'll always have beef ready for a protein-rich meal option.

Canned beef is great for making tacos, adding to a salad, or serving in a pasta sauce. As a great source of protein, beef can help keep you feel more full than lower protein options.

By choosing canned beef at the grocery store, you are buying a product that can last for 2-5 years on the shelf if stored in a cool, dry place. Canned beef is fully cooked before it is canned, so it is even something you can try cold! If you're looking for ways to use canned beef, check out this taco recipe!

CANNED BEEF

PROTEIN

Beef is a great source of animal protein. Protein is used by our bodies for building and maintaining muscle, maintaining the health of our cells, carrying out the many actions our body does to live. It is also essential for wound healing.

IRON

Iron is important for keeping our blood healthy, growing properly, and balancing our hormone levels. There are two types of iron: one that comes from plant sources, called non-heme iron, and one from animal sources, called heme-iron. Heme iron is much easier for our bodies to absorb than non-heme iron, which makes eating meat a good option for health.

B VITAMINS

B Vitamins are important for a healthy nervous system, allowing our body to communicate with itself. B vitamins also play a role in our digestion and brain health!

BEEF AND PINEAPPLE TACOS



Serves 5

All you need:

- 12 tsp olive oil, divided
- 1 (10 ct) pkg Hy-Vee taco size flour tortillas
- ½ pkg Hy-Vee Short Cuts chopped tricolor bell peppers
- 1 (16-oz) can of ground beef
- 1 tbsp Hy-Vee Mexican style fajita seasoning mix
- 1 cup That's Smart! canned pineapple tidbits in pineapple juice, drained and chopped
- 1 tbsp Tajin Clasico seasoning, plus additional for garnish
- 10 tsp mango chutney
- Crumbled queso fresco, for garnish
- Fresh cilantro, for garnish



All you do:

1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 1 tortilla; turn to coat both sides with oil. Cook for 1 to 2 minutes until lightly browned, turning halfway through. Repeat cooking remaining 9 tortillas, using 1 teaspoon oil for each tortilla. Loosely cover tortillas to keep warm.
2. Heat remaining 2 teaspoons oil in same skillet over medium-high heat. Add bell peppers; cook for 1 to 2 minutes or until peppers begin to soften and char, stirring frequently. Add ground beef and fajita seasoning; cook for 6 to 8 minutes or until browned (165 degrees), stirring occasionally to break into crumbles. Stir in pineapple and 1 tablespoon Tajín seasoning; cook for 2 minutes more, stirring occasionally.
3. To assemble, spoon ground beef mixture on each tortilla; top each with 1 teaspoon chutney. Garnish with additional Tajín seasoning, queso fresco and cilantro, if desired.

Recipe source: hy-vee.com

BUDGET-FRIENDLY STORE TOUR

SCAN ME



BUDGET-FRIENDLY MEAL GUIDE

SCAN ME



BUDGET-FRIENDLY MEAL PREP

SCAN ME



Nutrition questions or concerns?
Contact Hy-Vee Dietitian Katie Schaeffer at
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