



For Kids! Cheesy Beef Burger on Bun & Fresh Apple-Pear Chunks ~ choose one side item to complete your meal

Cheesy Beef Burgers on Bun

6 servings

1 lb	80% Lean ground beef
2 tsp	Onion powder
1 cup	Carrots, shredded
½ tsp	Black pepper
1 Tbsp	Mustard
2 Tbsp	Ketchup
1 cup	Cheddar cheese, shredded
6 small	Hamburger buns



Combine all ingredients in a large bowl. Shape into 6 burgers. Heat a 12-inch skillet over medium-high heat. Cook burgers for 8-10 minutes, turning once, until temperature reaches 160 degrees for well-done. Serve on hamburger buns.

Note: One half burger is a moderate serving for most kids under 10.

80% Lean ground beef on sale
Fresh baby carrots on sale
Shredded cheddar cheese on sale

Fresh apples on sale
Fresh pears on sale

Beef Recipe Nutrition per serving

326 calories; 23 gm protein; 26 gm carbohydrate; 15 gm total fat; 7 gm saturated fat; 0 trans fat; 61 mg cholesterol; 2 gm fiber; 342 mg sodium

To Make Fresh Apple-Pear Chunks: Wash fresh apple and fresh pear and dry with a clean towel. Remove core and seeds from apple and pear. Cut both into bite-size chunks.

Side Items:

1. Onion Flavored Green Beans or Broccoli – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

Note: For a change of flavor, replace onions with the juice of a fresh lemon or lime.

2. Lightly Sautéed Greens – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard.

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan 2-6 minutes longer. When greens wilt, test for tenderness. The heavier greens take longer to become tender. Dust with salt & pepper to taste.

3. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.