



Week Three Participant Manual:
Hanging Out in The Meat Aisle



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- A Healthful Guide for Purchasing Meats
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JOURNALING

- What are your thoughts on hormones in our meats?
- What do you feel you personally need to change about your eating habits to consume meat in a healthy manner? What can you do to make these changes happen?



A Helpful Guide to Purchasing Meats for Health and Wellness

Beef

Best: Grass fed, Hormone free beef, any cut.

Acceptable: Other varieties, conventionally raised for slaughter houses are not faux, but are not nearly as good for you as normal beef.

Poultry

Best: Free range chickens and those produced without artificial ingredients.

Acceptable: Birds with no artificial ingredients.

Pork

Best: Lean center cut pork chops, tenderloin.

Acceptable: Pork sausage in moderation.

Processed Pork Products

Best: If you can find nitrate-free bacon (and this is actually available now), this would be your best bet. Freshly made sausage from your butcher or, in some cases, from right there in your grocery store meat section, is wonderful because it does not have to be spiked with preservatives.

Acceptable: All standard baloney, hot dog, sausage products in this section are acceptable, if barely.

Deli Meats

Best: Any of the meats or cheeses, as long as they are nitrate free and not made from hydrogenated oils.

Acceptable: Conventional deli meats, as long as you limit the darker varieties to once per week. Ham, you can have a couple of times per week, and chicken/turkey 3-4 times per week.



How Often to Buy?

Beef: Treat your beef like all your other foods: high quality, low quantity. Your beef should be very good, but eaten as an exception to your normal routine.

Poultry: Make this your staple meat. This can be consumed a few times per week.

Pork: Keep enough on hand to have pork a couple of times per week. The sausage used for flavoring freezes very well, so just keep some on hand in your freezer. You will end up buying this once every few weeks.

Processed Pork Products: No more than once per week.

Deli Meats: No-preserved deli meats and fresh cheeses are terrific staples to have on hand for emergency lunches, etc., but the nitrate laden varieties should be limited to once per week, and the hydrogenated cheeses should never be substituted for the real thing.

Grass Fed vs. Grain Fed Beef

Grass-fed beef is better for human health than grain-fed beef in ten different ways, according to the most comprehensive analysis to date. The 2009 study was a joint effort between the USDA and researchers at Clemson University in South Carolina. Compared with grain-fed beef, grass-fed beef was:

1. Lower in total fat
2. Higher in beta-carotene
3. Higher in vitamin E
4. Higher in the B-vitamins thiamin and riboflavin
5. Higher in the minerals calcium, magnesium, and potassium
6. Higher in total healthy omega-3 fatty acids
7. A healthier ratio of omega-6 to omega-3 fatty acids
8. Higher in CLA, a potential cancer fighter
9. Higher in vaccenic acid (which can be transformed into CLA)
10. Lower in the saturated fats linked with heart disease

Reference: S.K. Duckett et al, *Journal of Animal Science*, (published online) June 2009, "[Effects of winter stocker growth rate and finishing system on: III. Tissue proximate, fatty acid, vitamin and cholesterol content.](#)"



Things You Can Do

- Check for grass fed beef at your local store.
 - If they do not carry it, ask if they can start carrying it.
 - Remember when you control portions consumed, and do not eat beef as often, you have extra money to spend on quality meats.
 - Our bodies do not need a lot of food, they need real food.
- Use the Eat Well Guide to find out where grass fed beef sold:
www.eatwellguide.org/i.php?pd=Home
- Many local farms allow you to purchase a portion of a cow. Go in with friends or family and purchase meat in bulk. Freeze meat until later use. This is also a great way to save money.
- In general, limit the amount of red meat you consume especially if you do not have access to grass fed beef.
- Limit eating meat outside the home as much as possible. When choosing restaurants support ones that serve quality meat.
 - Remember eating out should be a treat and not a form of convenience.

Think Outside the Package

Many processed meat products contain the cancer causing additives nitrates and nitrites. Here is a recipe to make your own sausage. Not only is this a healthier choice because you forego the additives but it is also cheaper which allows you to stretch that food dollar. Oh wait and did I mention delicious? This recipe is tasty, easy to make, and freezes well.

Sausage Patties

You'll Need

- 1 pound lean ground pork
- 1 teaspoon minced garlic
- $\frac{3}{4}$ teaspoon thyme
- $\frac{3}{4}$ teaspoon fennel seeds
- $\frac{1}{2}$ teaspoon salt
- Cooking oil



Directions

- In a bowl, combine pork, garlic, thyme, fennel seeds, and salt; mix until just combined.
- Cover, refrigerate up to 24 hours.
- Shape mixture into patties.
- Lightly coat skillet with cooking oil.
- Place skillet over moderate heat until it is hot.
- Add patties to skillet.
- Cook about 7 minutes on each side or until browned.

Notes

- You can use other spices of choice such as crushed red pepper, all spice, garlic pepper, cayenne, paprika etc...
- You can also roll these into smaller balls and serve on a pizza, in pasta or in a soup. Be creative and remember a little goes a long way for flavor and taste.

Chicken, Chicken, Chicken

You're in a pinch for time and are tempted to grab take out, this is the perfect time when a prepped food from a grocery store can come in hand. How about picking up a roasted chicken?

It is the healthier choice and also much better on the budget. One stop at the store can lead to more meals than one meal at a restaurant.

After you have some roasted chicken with maybe a side of roasted vegetables and potatoes for dinner, break up the extra chicken into bite sized pieces and refrigerate. And look you already have one step prepped for dinner on the following day.

Oh and don't forget to save the bones... these can lead to a wonderful chicken stock for many of your favorite soups.



Ideas for How to Use Chopped Chicken:

- Chicken Quesadillas
- Chicken Fajitas
- Chicken Burritos
- Chicken Salad
- Chicken Pasta
- Chicken Pot Pie
- Chicken Noodle Soup

What are some other chicken dishes you can add to this list?

Chicken Quesadillas

You'll Need:

- Sliced vegetables of choice (bell pepper, zucchini, mushrooms, tomatoes, yellow squash, etc)
- Spices such as cumin and chili powder
- Salt
- Olive oil
- Tortillas
- Grated cheese of choice

Directions:

Sauté sliced veggies with some chili powder, cumin salt and pepper in some olive oil. Once that is done add the chicken to incorporate spices and to warm the chicken. Keep on low heat.

In another skillet, place a tortilla and top with a tiny bit of grated cheese. Add some of the veggie chicken topping. And tiny bit more cheese and top with other tortilla or if using a larger tortilla fold in half and heat for a couple minutes.

Flip and heat other side till cheese is melted.



Chicken Pot Pie

You'll Need

- 1 piecrust for the top and one for the bottom
- 2 cups cooked chicken, chopped
- 2 Tablespoons plus ½ stick unsalted butter
- ½ cup onions, chopped
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup mushrooms, sliced
- ½ cup all-purpose flour
- 2 cups chicken stock
- 3 Tablespoons dry sherry
- 1 cup half-and-half
- Salt and pepper to taste
- 1 Tablespoon minced fresh rosemary or 1 teaspoon dried

Directions

- In a large sauce pan sauté veggies in 1 Tablespoon of butter until they just soften and remove. Sauté chicken in a second Tablespoon of butter until browned, but not crispy. Remove.
- Over a medium flame, add the remaining ½ stick butter, and then the flour. Stir these until the roux is chestnut brown.
- Add the stock and whisk until all the roux is incorporated.
- Bring this mixture to boil, reduce to simmer, and add the sherry, rosemary, half-and-half, salt and pepper. Taste and correct the seasonings on the sauce.
- After the broth has become quite thick, fold in the veggies and chicken and continue to heat for 10 minutes.
- **Into the oven**
Pour potpie mixture into the pie plate with crust on the bottom, and top with the second layer of crust. Bake at 425 for 30 minutes. Serve right away, but be careful, it's hot.

Play with Your Food

The veggies you choose are absolutely up to you. Potatoes also go perfectly in this dish. You will taste the rosemary right away, but another savory alternative is sage. If you don't have sherry, try a port wine instead. Once you have the basics of this recipe, you can modify it any way you choose!



Chicken Caesar Salad

You'll Need

- Approximately 3 ounces of cooked chicken per person
- 1 head romaine lettuce, chopped
- Handful of croutons per plate
- 2 cloves garlic, pressed
- 2 teaspoons lemon juice
- 1/2 teaspoon Dijon mustard
- 1 can (2 oz.) anchovy fillets, drain oil off
- 1/4 cup grated Romano or Parmesan cheese
- 2 Tablespoons red wine vinegar
- 1/3 cup olive oil
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste

For the salad

Wash romaine and chop into bite-sized pieces.

And for the dressing

In a bowl, combine oil, vinegar, Worcestershire, salt and pepper to taste, garlic, lemon juice, anchovies and mustard.

Directions

- In a large bowl, toss lettuce and dressing and half the cheese together, along with croutons.
- Serve on individual plates and top with chicken and remaining cheese.



Angel Hair with Chicken and Vegetables

You'll Need

- 8 ounces raw angel hair pasta (will yield 4 cups cooked)
- 1/3 cup olive oil
- 1 cup chopped tomato
- 1/2 small onion chopped
- 3 1/2 cups chopped steamed broccoli- stems and florets
- 1/2 cup whole olives of choice (or cut in half)
- 3 cloves garlic
- 1/2 teaspoon salt
- 1 Tablespoon fresh basil or 1 teaspoon dried
- Fresh ground pepper to taste
- Freshly grated Parmesan cheese (or other cheese of choice) to top
- Approximately 8 ounces cooked and chopped chicken warmed or cold

Directions

- Steam the broccoli.
- Bring 8 cups of water to a rapid boil. Cook pasta in boiling water.
- Once pasta is cooked and drained add all other ingredients. Serve warm or cold.

Chicken Stock

Yield: 2 quarts of stock

You'll Need

- The carcass of one baked chicken, cut into two-inch segments
- 3 quarts of water
- 4 sticks celery, chopped
- 1 cup carrots, chopped
- 2 cups onions, chopped
- 1/8 cup salt
- 3 bay leaves
- 4 cloves garlic, smashed
- 5 sage leaves or 2 teaspoons rubbed sage
- Several turns on a pepper grinder



Prepare Chicken

After you've cooked a baked chicken one evening, pick the majority of the meat off and cleave the bones into 2 inch pieces.

In a 4-Quart Stockpot

- Add the chicken with the water and bring to a boil. Once the foam comes to the top, skim this away and add the celery, carrots, onions, salt, bay leaves, garlic, sage, and pepper.
- Let it bubble away uncovered for a half a day or so, until it cooks down by about 1/3.

Storing

Strain the stock and store the broth in a Tupperware container in the refrigerator if you are going to use it soon. Otherwise, it will keep for weeks in the freezer.

Play With Your Food!

Any number of vegetables go quite nicely into the stock base, although what French Cajuns call the "holy trinity" of vegetables – onion, carrot, and celery – are required staples in any case.

The best, though, is the addition of a few ginger coins to the broth, which gives it a light lemony flavor.



Buy This and Say Bye-Bye to That Shopping for Meat

Buy	Bye-Bye
Grass fed beef	Grain fed beef
Antibiotic free chicken	Chicken that contains antibiotics
Pork products (such as bacon and sausage) that are free of nitrates and nitrites	Pork products that contain nitrates, nitrites and other additives and preservatives
Real meat products free of additives and preservatives.	Prepackaged, additive and preservative laden processed meat products such as chicken fingers, hot dogs, etc.