

# San Patricio Extension Education Association News Flash



*Sharing is caring with TEEA*

Kathy Farrow, CEA-FCS

April 2017



**NEW OFFICE PHONE NUMBER - 361-587-3400**



## Mark Your Calendar

County Extension Education  
Association Meeting  
Monday, April 24, 2017  
**Attention** San Patricio County Civic Center

Hostess → Aransas Pass EE Club  
**Attention** 2:00pm - Business meeting

Club reports will need to be  
turned in at this meeting.

## 2017 San Patricio Extension Education Association Spring Tour Friday, April 21, 2017

If you need a ride, please call Kathy at  
361-587-3400 by April 17. Kathy will be leaving the  
San Patricio County Extension office at 9:00am



10:00am  
Rockport Center for the Arts  
902 Navigation, Rockport  
Fee: \$0



Noon  
Lunch  
Moondog Seaside Eatery  
100 N Casterline Drive, Fulton



Aquarium at Rockport Harbor  
706 Navigation Circle, Rockport  
Fee: \$0



## San Patricio County Texas Treasure Award



Don't forget to turn in your club nominee to the  
San Patricio County Extension Office by  
Monday, May 15, 2017.

You can only nominate one member per club.

Members can receive the award  
more than one time.

Application is enclosed.



Scholarship Committee  
Meeting  
Monday, April 24, 2017  
1:00 pm  
San Patricio County  
Civic Center

# Ground Beef Basics

## Shop and Save

- ✳ Color of ground beef can vary from dark purple-red to a bright red on surfaces exposed to oxygen. Darker color on the inside does not mean poor quality or spoilage.
- ✳ Watch for sale price on meat. Stock up if you can cook or freeze within a few days.
- ✳ Large “bulk” packages of ground beef may be cheaper per pound than smaller packages.
- ✳ Try ground beef that is 85% lean or higher. Leaner meat usually costs more per pounds but there is less waste.

## store Well Waste Less

- Refrigerate raw ground beef and use within a few days after the ‘sell by’ date for best quality.
- Refrigerate cooked meat for up to a week. Freeze for longer storage; use within 2 to 3 months in any recipe using cooked ground beef.
- Freeze raw ground beef to store longer.
  - Divide into amounts that would be used at one time.
  - Flattened squares or circles about 1-inch thick thaw more quickly than a ball or tube shape.
  - Package in freezer-quality wrap. Exclude as much air as possible; label and date. For best quality use within 4 months.

3 ounces of lean beef supplies nearly half the protein most people need in a day.



Never leave ground beef at room temperature for more than 2 hours



## Thaw Ground Beef Safely:

1. Refrigerator: Safest method. Allow 12 hours to thaw 1 pound. Meat does not need to be cooked immediately and could be re-frozen
2. Cold water: Safe if water is kept cold and covers the package. Allow 1 hour to thaw 1 pound. Cook meat immediately after thawing.
  - Place the package in a leak-proof plastic bag. Submerge in cold water, changing the water every 30 minutes. Use a weight to hold the package under the surface of the water.
3. Microwave: Safe if cooked immediately. Do not re-freeze unless cooked first. Edges and corners may partially cook during thawing.
  - Remove from packaging; place in a microwave safe container. Use the automatic defrost setting or microwave for about 3 minutes at 50 percent power for a 1-pound package.

## Quick Tips:

- ◆ Leaner grinds are best for casseroles and meatloaf, and less-lean grinds (like 80/20%) are better for hamburgers.
- ◆ To make your ground beef leaner, put cooked crumbles in a colander and rinse away the fat residue gently with warm water.
- ◆ Always cook ground beef to 165 F degrees for food safety.
- ◆ Try to thaw in the refrigerator, not on the counter.

# Cooking with Ground Beef

## Quick Chili

Makes: 6 cups

Prep time: 5 minutes

Cook time: 20 minutes



### Ingredients:

- ½ pound lean ground beef (15% fat)
- 1 medium onion, chopped
- 1 can (15 ounces) kidney beans with liquid
- 2 cans (14.5 ounces each) diced tomatoes with liquid
- 2 Tablespoons chili powder

### Directions:

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat.
2. Add undrained beans, tomatoes with liquid and chili powder.
3. Reduce heat to low, cover and cook for 10 minutes. Serve warm.

Refrigerate leftovers within 2 hours.

### Notes:

- Serve with shredded cabbage, low fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell peppers, carrots, celery, and corn, if desired.
- Add dried cumin, oregano or red pepper flakes in Step 2 for extra flavor!

## Asian Beef and Noodles

Makes: 6 cups

Prep time: 10 minutes

Cook time: 15 minutes



### Ingredients:

- 1/2 pound lean ground beef (15% fat)
- 2 cups water
- 2 packages oriental flavor instant ramen-style noodles, broken into small pieces
- 16 ounces frozen asian-style vegetables, or any other frozen vegetables
- 2 green onions, thinly sliced
- 1 Tablespoon fresh ginger or 1/4 teaspoon ground ginger
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder

### Directions:

1. In a large skillet over medium-high heat (350 degrees in an electric skillet), brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and ONE seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours

## Personalized Pasta Salad

Makes: 4 cups

Prep time: 10 minutes

Cooking time: 15 minutes



### Ingredients

- 2 cups uncooked pasta, such as macaroni or rotini
- 1/2 cup reduced-fat salad dressing
- 2 cups cooked ground beef
- 1 medium tomato, chopped
- 1 medium red or green bell pepper, cut in 1" pieces
- 1/2 medium red onion, diced
- 1 can (4 ounces) sliced black olives

### Directions

1. Measure 6 cups of water into a (4 quart or larger) sauce pan.
2. Bring water to a boil over high heat and add pasta. Cook until tender (about 8 to 10 minutes), stirring occasionally. Drain. Rinse with cold water to cool quickly; drain well.
3. Add dressing; toss lightly.
4. Add meat and vegetables, and toss again.
5. Chill until ready to serve.
6. Refrigerate leftovers within 2 hours.

### Notes

Substitute cubed chicken, pork, tuna, salmon, turkey, shrimp, or hard-boiled egg for the chicken.

# San Patricio County Texas Treasure Award

Nominee's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Club \_\_\_\_\_

Briefly describe the reason for recommendation for Texas Treasure Award. Include any individual accomplishments and other contributions made by nominee through TEEA. Please type. You may attach 1 additional page if needed.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing. There are no margins, text, or other markings on the page.

Name of person submitting: \_\_\_\_\_

Office/Title of Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Due Date: Monday, May 15, 2017**



Please join us!



# The PINK Event

Friend to Friend Party

**APRIL 25, 2017**

**San Patricio County**

**Fairgrounds Civic Center**

**219 West Fifth Street**

**Sinton, TX 78387**

**Registration & Exhibits - 11:30 a.m.**

**Program - 12:10 p.m.**

***The Friend to Friend Party is  
for women to join their friends  
to support and encourage each  
other to get screened.***

**Fun ♥ Friends ♥ Luncheon**

**♥ Free Goody Bags ♥ Door Prizes & More!**



***We believe in the importance of  
breast screening and cervical  
screening and know that early  
detection is the key to survival.***



***Event Hosted By:***

San Patricio Extension Education  
Association in collaboration with  
Texas A&M AgriLife Extension Service,  
San Patricio County WIC  
San Patricio County Department of  
Public Health

Please RSVP by April 21<sup>st</sup>  
at 361-587-3400

**Questions?**  
**361-587-3400**

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

**ATM**  
HEALTHY SOUTH TEXAS

  
**Public Health**  
Prevent. Promote. Protect.  
**San Patricio County**  
Department of Public Health



San Patricio County  
219 N. Vineyard  
Sinton, Texas 78387-2613

***Return Service Requested***

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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For additional information contact: