

Meat Sauce for Spaghetti

Makes 4 servings (2/3 cup each)

- 1/2 pound lean ground beef or ground turkey
- 1 medium onion, chopped
- 1 jar or can (16 ounces) of spaghetti sauce

Brown ground meat and onion; drain fat. Add spaghetti sauce. Simmer 10 - 15 minutes to heat thoroughly. Stir as needed. Serve over cooked spaghetti or other noodles.

1 serving of sauce has 220 calories and 12 grams fat.

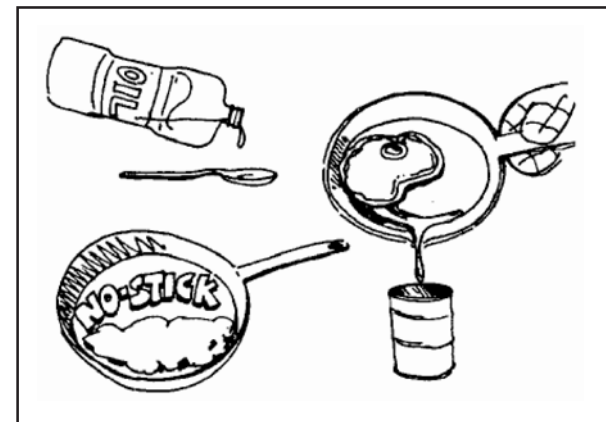


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Tips for Preparing and Serving Meat with Less Fat

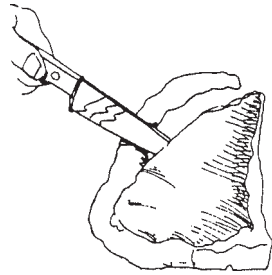


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1. Trim fat and skin from meat before eating

- Trim off the fat and skin from meat and poultry.



- Remove fat from canned meats.

- Buy tuna packed in water.



2. Cook meats by . . .

baking **grilling** **microwaving**
boiling **broiling** **stir-frying**

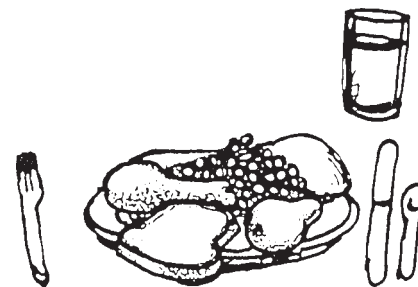
- Drain off fat after browning meat.
- Cook with little or no added fat, use non-stick pans.
- Use half the amount of meat called for in soup and chili.
- Chill cooked meat, soups and stews and remove the solid fat layer from the top.

3. Eat less meat

A deck of cards is about the size of 3 ounces of meat, poultry or fish.

For many adults, this is half or more of the amount they need for the whole day.

When you eat less meat, add more grains, fruits and vegetables to your meal. For example, the following meal has lots of different foods and has less fat than a fried chicken dinner.



- 1 small baked skinless chicken leg and thigh
- 1 plain baked potato
- 1 slice bread
- 1/2 cup peas/carrots
- 1 pat margarine
- 1 piece of fresh fruit