



EATING SMART
BEING ACTIVE

Beef and Potatoes

Makes: 7 servings (1 cup per serving)

Preparation Time: 5 minutes

Cooking Time: 25 to 35 minutes

Ingredients

1 pound ground beef

1 1/3 cup water

6 to 8 medium potatoes, peeled and thinly sliced

3/4 cup *Eating Smart Seasoning Mix* from the *Eating Smart • Being Active Let's Cook!* cookbook*

Salt, to taste

Directions

1. Wash and peel the potatoes.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Brown ground beef in a large skillet. Remove the skillet from the heat. Remove excess fat by pushing the beef to one side, then tilting the skillet in the opposite direction so the liquid fat pools away from the beef. Use a large spoon to remove the liquid fat from the pan. Discard the fat in the trash can.
4. Put the skillet back on the heat. Add water, potatoes, and seasoning mix. Stir to combine with the beef.
5. Bring to a boil, then reduce heat to low, cover, and simmer for 20 to 30 minutes or until potatoes are tender.
6. Uncover, and cook until excess water is evaporated.
7. Taste, and add a small amount of salt if desired.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

* This *Eating Smart Seasoning Mix* is used in two recipes in the *Eating Smart • Being Active Let's Cook!* cookbook. Store any leftover mix in a sealable plastic bag or container in a cabinet with other spices until ready to use.

Be creative! Add chopped, cooked vegetables or frozen vegetables such as onion, carrots, peas, green beans, or corn after simmering.

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (322g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 1g	
Cholesterol 45mg	15%
Sodium 140mg	6%
Total Carbohydrate 39g	14%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 3mg	15%
Potassium 1080mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Go Lean with Protein



EATING SMART
BEING ACTIVE

Carne de res y papas

Rinde: 7 porciones (1 taza por porción)

Tiempo de preparación: 5 minutos

Tiempo de cocción: 25 a 35 minutos

Ingredientes

1 libra de carne de res molida

1 1/3 taza de agua

6 a 8 papas medianas, peladas y cortadas en rodajas finas

3/4 taza de *Sazonador Coma bien* del libro de cocina ¡A cocinar! del programa *Coma bien* •

*Manténgase activo**

Sal, a gusto

Preparación

9. Lavar y pelar las papas.
10. Reunir, cortar y medir todos los ingredientes antes de comenzar a preparar la receta.
11. Dorar la carne molida en un sartén grande. Retirar el sartén del fuego. Retirar el exceso de grasa haciendo a un costado la carne e inclinando el sartén para escurrir la grasa en el lado opuesto. Retirar la grasa con una cuchara grande. Desechar la grasa en el bote de basura.
12. Volver a colocar el sartén sobre el fuego. Agregar el agua, las papas y el sazón. Mezclar bien con la carne.
13. Dejar hervir, disminuir el fuego, cubrir el sartén y cocinar a fuego lento durante 20 a 30 minutos o hasta que las papas estén tiernas.
14. Destapar el sartén y cocinar hasta que el agua se evapore.
15. Probar, agregar una pequeña cantidad de sal si es necesario.
16. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

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* El *Sazonador Coma bien* se utiliza en dos recetas del libro de cocina ¡A cocinar! del programa *Coma bien* • *Manténgase activo**. Guardar las sobras del sazón en una bolsa plástica hermética o en un envase en la alacena junto con otros condimentos hasta volver a usar.

¡Sea creativo! Agregar vegetales cortados y cocidos o vegetales congelados como cebolla, zanahoria, ejotes o maíz después de terminar la cocción a fuego lento.



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