



STEMsational Ag: The Virtual Farm

MIDDLE TENNESSEE STATE UNIVERSITY



Module 5: Fast Food at Home UNIT 5: COOKING ON A BUDGET Grades 9 – 12



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE



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Module 5: Fast Food at Home
UNIT 5: COOKING ON A BUDGET
Grades 9 – 12



9th – 12th Grade:

Introduction to the Unit:

In this unit, you will learn money saving strategies by planning your meals and shopping lists before your grocery shopping trips. You'll also find out how to extend the possibilities for leftovers as well as methods to bulk up a recipe beyond fresh meat using less costly, still nutritious canned goods.

Pre-assessment: What's Your Leftovers I.Q.?

Instructions:

- Take the quiz on pages 8-9 to gauge your existing knowledge of how to handle and optimize leftovers, a key concept when it comes to budget cooking. Set your answers aside and you will revisit them at the end of the lesson.
- These guidelines are based on recommendations from the USDA Food Safety and Inspection Service, Leftovers and Food Safety (shown on the following pages).
- Check your answers in the corresponding Answer Key on page 28.



Leftovers and Food Safety

Often when we cook at home or eat in a restaurant, we have leftovers. To ensure that leftovers are safe to eat, make sure the food is cooked to a safe temperature and refrigerate the leftovers promptly. Not cooking food to a safe temperature and leaving food out at an unsafe temperature are the two main causes of foodborne illness. Safe handling of leftovers is very important to reducing foodborne illness. Follow the USDA Food Safety and Inspection Service's recommendations for handling leftovers safely.

- [Cook Food Safely at Home](#)
- [Keep Food out of the Danger Zone](#)
- [Cool Food Rapidly](#)
- [Wrap Leftovers Well](#)
- [Store Leftovers Safely](#)
- [Thaw Frozen Leftovers Safely](#)
- [Reheating Leftovers without Thawing](#)
- [Reheat Leftovers Safely](#)
- [Refreezing Previously Frozen Leftovers](#)

Cook Food Safely at Home

The first step in having safe leftovers is cooking the food safely. Use a food thermometer to make sure that the food is cooked to a safe, minimum internal temperature.



- **Red meats:** Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145° F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- **Ground meats:** Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160° F as measured with a food thermometer.
- **Poultry:** Cook all poultry to an internal temperature of 165° F as measured with a food thermometer.

[Top of Page](#)

Keep Food out of the Danger Zone

Bacteria grow rapidly between the temperatures of 40° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Within 2 hours of cooking food or after it is removed from an appliance keeping it warm, leftovers must be refrigerated. Throw away all perishable foods that have been left in room temperature for more than 2 hours (1 hour if the temperature is over 90° F, such as at an outdoor picnic during summer).

Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40° F or below. When serving food at a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often. Discard any cold leftovers that have been left out for more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

[Top of Page](#)

Cool Food Rapidly



To prevent bacterial growth, it's important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40° F or below. To do this, divide large amounts of food into shallow containers. A big pot of soup, for example, will take a long time to cool, inviting bacteria to multiply and increasing the danger of foodborne illness. Instead, divide the pot of soup into smaller containers so it will cool quickly.

Cut large items of food into smaller portions to cool. For whole roasts or hams, slice or cut them into smaller parts. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole.

Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.

[Top of Page](#)

Wrap Leftovers Well

Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

[Top of Page](#)

Store Leftovers Safely

Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.



Thaw Frozen Leftovers Safely

Safe ways to thaw leftovers include the refrigerator, cold water and the microwave oven. Refrigerator thawing takes the longest but the leftovers stay safe the entire time. After thawing, the food should be used within 3 to 4 days or can be refrozen.

Cold water thawing is faster than refrigerator thawing but requires more attention. The frozen leftovers must be in a leak-proof package or plastic bag. If the bag leaks, water can get into the food and bacteria from the air or surrounding environment could enter it. Foods thawed by the cold water method should be cooked before refreezing.

Microwave thawing is the fastest method. When thawing leftovers in a microwave, continue to heat it until it reaches 165° F as measured with a food thermometer. Foods thawed in the microwave can be refrozen after heating it to this safe temperature.

[Top of Page](#)

Reheating Leftovers without Thawing

It is safe to reheat frozen leftovers without thawing, either in a saucepan or microwave (in the case of a soup or stew) or in the oven or microwave (for example, casseroles and combination meals). Reheating will take longer than if the food is thawed first, but it is safe to do when time is short.



Reheat Leftovers Safely

When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking. Also, because microwaves have cold spots, check the temperature of the food in several places with a food thermometer and allow a resting time before checking the internal temperature of the food with a food thermometer. Cooking continues for a longer time in dense foods such as a whole turkey or beef roast than in less dense foods like breads, small vegetables and fruits.

[Top of Page](#)

Refreezing Previously Frozen Leftovers

Sometimes there are leftover "leftovers." It is safe to refreeze any food remaining after reheating previously frozen leftovers to the safe temperature of 165° F as measured with a food thermometer.

If a large container of leftovers was frozen and only a portion of it is needed, it is safe to thaw the leftovers in the refrigerator, remove the needed portion and refreeze the remainder of the thawed leftovers without reheating it.



Question 1

Which of the below are two main causes of foodborne illness?

- A. Not cooking food to a safe temperature
- B. Washing hands too frequently while handling food
- C. Leaving food out at an unsafe temperature
- D. Using cutting boards made of wood

Question 2

Match each meat with the minimum internal temperature to which it should be cooked for safety.

- Meats
 - ▶ Ground Meats
 - ▶ Poultry
 - ▶ Red Meats
- Temperatures
 - ▶ 145 degrees
 - ▶ 160 degrees
 - ▶ 165 degrees

Question 3

Fill in the Blanks

- After food is safely cooked, hot food must be kept hot at [fill in the blank] degrees Fahrenheit or warmer to prevent bacterial growth.
- Within [fill in the blank] hours of cooking food or after it is removed from an appliance keeping it warm, leftovers must be refrigerated.

Question 4

True or False:

To prevent bacterial growth, it's important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40° F or below. To do this, divide large amounts of food into shallow containers or smaller portions for refrigeration.



Question 5

Wrapping leftovers well or storing them in proper containers does which of the following:

- A. Helps keep bacteria out
- B. Retains moisture
- C. Prevents them from picking up odors from other food in the refrigerator
- D. All the above
- E. None of the above

Question 6

Which statement is accurate?

- A. Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months
- B. Leftovers can be kept in the refrigerator for 3 to 4 months or frozen for 3 to 4 days

Question 7

Which thawing method takes the longest but is safest for leftovers?

- A. Cold water
- B. Microwave oven
- C. Refrigerator

Question 8

True or False:

You cannot cook leftovers directly from frozen without thawing first.

Question 9

Which takes longer to cook from a frozen state?

- A. Dense foods such as a whole turkey or beef roast
- B. Less dense foods like breads, small vegetables, and fruits

Question 10

True or False:

It is safe to refreeze any food remaining after reheating the previously frozen leftovers to a safe temperature.



Purpose:

Using leftovers from one meal to transform another is a significant money-saving concept. It is also a way to be creative in the kitchen and save time. Another way to stretch a dollar when cooking meals is by making meat stretch further. Learners will discover ways to do this by using nutritious fillers like mashed and pureed vegetables or beans. During a time of grocery inflation, being budget-savvy is not only interesting, but also important. Students will rise to the occasion contemporary culture demands by practicing financial skills via Supermarket Sweep and Chopped-style challenges. As a tasty practical application of all they've learned, students will make their own meaty meatballs using a secret ingredient.

Student Learning Outcomes for the Unit:

- ▶ Student will test their knowledge of leftovers safety and handling.
- ▶ Student will analyze how inflation has impacted the current condition of grocery shopping.
- ▶ Student will use a given budget to see how far they can make a dollar stretch on meat.
- ▶ Student will extend three meat-based meals into three more meals using leftovers.
- ▶ Student will craft a leftover cheat sheet for more effective meal planning.
- ▶ Student will increase the yield of a meatballs recipe by incorporating a nutritious filler ingredient.

National Agricultural Literacy Outcomes

Plants and Animals for Food, Fiber & Energy, Theme 2

T2.9-12

- C. Discuss reasons for government's involvement in agricultural production, processing, and distribution
- E. Identify inspection processes associated with food safety regulations

Food, Health & Lifestyle, Theme 3

T3.9-12

- B. Compare the changes in nutritional needs of humans over their lifetimes
- C. Describe the nutritional value that can be added by processing foods
- D. Evaluate the cost of food in the United States relative to other countries



F. Explain how food production systems are influenced by consumer choices

G. Identify how various foods can contribute to a healthy diet

Vocabulary Words:

- ▶ **Thaw:** unfreeze food for safe consumption
- ▶ **Internal temperature:** the most accurate thermometer reading to help gauge a minimal safety point for cooking or reheating meat
- ▶ **Inflation:** a general increase in prices due to a particular economic situation
- ▶ **Budget:** a set amount to spend on items like a food budget for weekly groceries
- ▶ **Yield:** how much food is produced by a certain recipe quantity
- ▶ **Nutritious:** the quality of having health benefits due to the vitamins, minerals, and other nutrients contained in a food

Materials Needed:

- ▶ Writing utensil

Activity 1: Stay Informed: Inflation at the Market

On the following page, view the video screenshots and narration provided from the video, "This is why the cost of food is increasing so quickly," an ABC news story on grocery store prices from February 10, 2022. Take notes while viewing. It provides statistics, reasons for the figures, examples of price hikes, and what this means for family mealtime each week. Then, answer these questions and discuss with others in your class or home:

1. This is the sharpest increase in inflation we have seen in how many decades?
2. What is the average percentage hike in groceries over just one year (January 2021 to January 2022)?
3. What is an example food item that has increased in cost? Which food item mentioned has actually decreased in average cost?
4. Approximately how much has this added to a typical household's grocery bill each month?
5. Why is this inflation occurring and what is the outlook, according to the news clip?
6. What is the main takeaway for families based on this information?

To view the answers, look for the "Activity 1 Answer Key" on page 28.



This Is Why the Cost of Food Is Increasing So Quickly

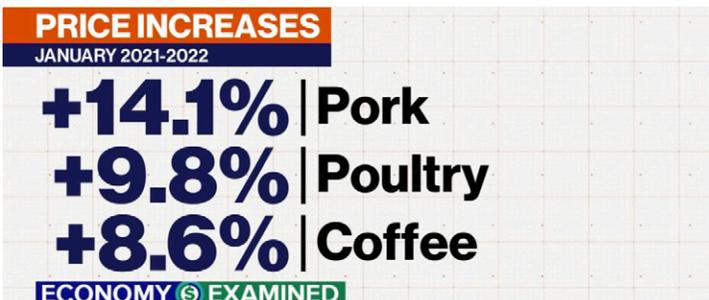
Also available online at: <https://www.youtube.com/watch?v=oTDYwj2F07I>



Well, if you've noticed an increase in the amount of money that you're spending at the grocery store, you're not alone.



The cost of food, electricity, and rent have all been steadily increasing over the past 12 months, economy is facing a pretty uphill battle against inflation, with prices climbing at the fastest pace in more than 40 years.



The consumer price index, which measures inflation, shows an increase of 7.5% over the past year with a visible impact on prices for things that we love, like pork, chicken, and even coffee.



The typical American household is now spending \$250 more a month to purchase the same goods that they did last year.



Joining us to break it all down (all the numbers at least) is ABC News' Elizabeth Schulze. So, Elizabeth, for the typical American household, what does this increase in inflation actually mean?



[ELIZABETH SCHULZE]: Well, Kyra, simply put, it means that you are getting less bang for your buck. American spending power is going down as we are seeing prices go up at this very fast pace.



Seven and a half percent in January from a year before - that's, as you mentioned, the highest rate in four decades, and we're seeing these price spikes across the board. So you are seeing, and you are paying more for everything from food to rent to apparel to furniture.



The important note about this report is that we're not just seeing price spikes in the price of goods — which has been a big theme throughout the pandemic, you know, a lot of Americans shifted their spending onto physical products, and the supply chain was not able to keep up — we're also now seeing services costs go up.



So, medical care. So, just overall basic staples are more expensive. The costs that you have to pay to get yourself from A to B (transportation costs) are going up. And what this means is that even though some Americans are getting wage gains (we are seeing overall wages go up), a lot of those wage gains are not keeping up with the price spikes.



So it's being totally offset by this inflation that we're seeing. And really, at some point, this does dig into the household budget.



You're going to have to see Americans making trade-offs when it comes to their financial decisions because of the day-to-day and month-to-month gains that we are continuing to see in inflation here, Kyra.



[KYRA]: I'll tell you what - we've been making big changes with regard to driving. I mean, gas prices are just insane right now. We've been biking a lot more and walking a lot more, which is not a bad thing.



So, let's talk about food, energy, and shelter - the three biggest increases we're seeing right now. Could we see a change? Could we start to see it get any better?



[ELIZABETH]: Yeah, unfortunately, the outlook for those three big categories isn't very good.



A lot of it comes down to the supply. For example, for food, commodity prices are very high. There is strong demand, and those prices are likely to remain elevated because of that.



So we saw in this report - meat prices, cereals, dairy - all of that is up. On average, food prices for groceries, up about 7.5% just over the past year.



I will say there was one silver lining which was ice cream prices are down (The one place where we sat a little bit of a decrease just in the past month).



But overall, that means that, you know, these household budgets are getting hit for some of those basic staples. Gas, as you mentioned, is another big one.



The important thing about shelter is that that makes up a big part of the inflation data, and we did see shelter costs going up. So that means rent is rising. And why that matters is because when we see price hikes for rent - unlike food or gas, which really does fluctuate a lot month to month - once your landlord raises your rent, it is very unlikely that they're going to bring it back down. So as these rent prices are going up, that is a sign that higher inflation could actually stay for longer. And that is a concern for how long these higher prices will stick around overall, Kyra.



[KYRA]: Well, I think we're excited about the ice cream, that's for sure. I didn't realize that. So, this trend, do you think it will continue through 2022?



Can our viewers expect to see even more money coming out of their wallets in the coming months? What do you think?



[ELIZABETH]: Right, so the general assumption from economists is that at least for the next couple of months, we are going to continue to see red hot prices. We are going to see records continuing to be broken at these four-decade-high levels of inflation.



Now the key kind of thing to watch here is that the Federal Reserve (the central bank that's in charge of really responding to inflation) is watching this number too. And, they're saying we've got to react. And what they're planning to do likely at their march meeting is to raise interest rates.



So what that does is: it makes the cost of borrowing money more expensive. This is really a way to try to slow down how much businesses and consumers are spending so that it can reign in the strong demand that we have seen over the past year.



So as interest rates are going to go up, it would likely be in an attempt to kind of slow down inflation. And there's an expectation now that because interest rates are going to go up, maybe inflation will go down as the year goes on.



But the flip side is that the cost of borrowing money is more expensive. And there's a major risk here that the Fed, you know, has to kind of walk this very tight line and not try to cause a recession by raising interest rates too fast, hurting this economic recovery that we've seen from the pandemic.



[KYRA]: Tell you what, it's a lot to take in. Elizabeth, thank you so much.

[ELIZABETH]: Thanks, Kyra



Activity 2: Supermarket Meat Sweep

How much do you think it costs to feed a typical family of four with two adults and two children each week? Each month?

View the “Official USDA Thrifty Food Plan: U.S. Average, February 2022” chart below for cost estimates.

Official USDA Thrifty Food Plan: U.S. Average, February 2022¹

Age-sex group	Weekly cost ²	Monthly cost ²
Individuals³		
Child:		
1 year	\$23.00	\$99.50
2-3 years	\$34.90	\$151.30
4-5 years	\$37.80	\$163.80
6-8 years	\$42.10	\$182.40
9-11 years	\$48.60	\$210.40
Male:		
12-13 years	\$51.90	\$224.80
14-19 years	\$65.10	\$282.20
20-50 years	\$63.40	\$274.60
51-70 years	\$55.80	\$241.90
71+ years	\$53.50	\$231.90
Female:		
12-13 years	\$45.20	\$195.80
14-19 years	\$51.80	\$224.40
20-50 years	\$50.90	\$220.40
51-70 years	\$47.40	\$205.20
71+ years	\$52.10	\$225.80
Reference Family:⁴		
Male and Female, 20-50 years and Two Children, 6-8 and 9-11 years	\$204.90	\$887.80

The answer to the questions about feeding a family of four are:

- \$204.90 per week
- \$887.80 per month



Now, let's do a supermarket sweep to see how low we can go with a shopping list for one week's worth of **meat** purchases. Follow the activity instructions below.

Activity Instructions:

Knowing the USDA estimates \$204.90 per week to feed the average family of four, complete a supermarket sweep to see how low you can go on just the meat purchasing from the grocery list items in the table below.

- **If you have access to the internet**, you can use an online grocery store website, like *walmart.com* to complete this activity.
- **If you do not have access to the internet**, go to your local grocery store to complete this activity. Or ask an adult who is familiar with grocery store prices to help you answer the questions (without having to go to the store).
- Next, use the table to identify a low, mid, and high price point for each item listed.
 - ▶ Note: You may need to look at the "price per pound" number listed for more similar cost comparisons versus an overall sale price.
- Once you find each row's amounts, figure out the total.

Then answer these questions:

- How much remains of your grocery budget?
- How do you think you can save funds for meals?
- Can you adjust your approach to the meat budget item?

Grocery List Item	Low Cost	Mid Cost	High Cost
1 pound (90% or higher) lean ground turkey			
12-16 ounces frozen raw shrimp			
1-pound boneless, skinless fresh chicken breasts			
1 rotisserie chicken			
1 pound package of pork chops			
1 pound of chuck roast			
1 pound of frozen salmon (skinless or skin on)			
Total Meat Cost =	\$	\$	\$
Amount Remaining from \$204.90 Weekly Budget?			



Activity 3: Chopped Challenge: Meat Repeats

See how many meals you can devise from a few common meals. The goal is to end up with as close to a full week's dinner menu plan (seven total main dishes) from only a few meat purchases.

Instructions:

- Start with these three popular heavy meat-based meals:
 - ▶ Slow-cooked pork shoulder
 - ▶ Grilled steaks
 - ▶ Whole roasted turkey
- Then, see if you can find four other meals you could make by stretching the leftovers from the 3 meals in the list
 - ▶ Tip: you can make one meal meatless if you prefer.

If you have access to the internet, you can search for meals using this website: *Use Up Leftovers*, BigOven.com (<https://www.bigoven.com/use-up-leftovers>)

If you do not have access to the internet, use cookbooks or magazines with recipes that you can find around you. Or talk to an adult who likes to cook for help with recipe ideas.

- You can be as specific or general as you like when naming the new additions to your meal plan.
 - ▶ **Optional:** write out the actual meal plan for these dinners with MyPlate's Create a Grocery Game Plan-Weekly Calendar (On the following pages)
 - ▶ **Optional:** Use the MyPlate Create a Grocery Game Plan-Grocery List to make shopping notes for your meals (On the following pages)
- Exchange ideas with classmates, friends, or others in your home. You may even end up with a couple weeks of maximized meal ideas to conserve even more funds!



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:



CREATE A GROCERY GAME PLAN GROCERY LIST

FRUITS	GRAINS (BREADS, PASTAS, RICE, CEREALS)
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
DAIRY (MILK, YOGURT, CHEESE)	VEGETABLES
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
PROTEIN FOODS (MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)	OTHER
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

NOTES: _____



Activity 4: Leftovers Cheat Sheet

Instructions:

Use the table below to complete the activity. Do some research to find out what kinds of dishes you can create from the common leftover items in column one. That way, when you spot these ingredients in your refrigerator, you can use them instead of letting them go to waste. If you'd like, you can even add a recipe title as a reminder to use for future reference. Compare what you found with classmates or someone at home searching alongside you.

If you have access to the internet, you can use this list of four helpful websites while researching:

1. Taste of Home (www.tasteofhome.com/collection/ways-to-repurpose-leftovers/)
2. Academy of Culinary Nutrition (www.culinarynutrition.com/what-to-do-with-leftovers/)
3. BBC Good Food (www.bbcgoodfood.com/recipes/collection/leftovers-recipes)
4. My Recipes (www.myrecipes.com/convenience/recipes-that-use-up-leftovers)

If you do not have access to the internet, use cookbooks or magazines with recipes that you can find around you to do your research. Or talk to an adult who likes to cook for help with recipe ideas.

Leftover Item	New Dish and (Optional) Recipe
Cooked, cubed ham	
Mashed Potatoes	
Taco filling	
Hamburgers	
Rice and Grains	
Stale Bread	
Fruit	
Vegetables	
Cheese	
Wilting Greens	



Activity 5: What's Cooking? Meaty Veggie Meatballs

Steamed and mashed or pureed vegetables add heft and moisture when incorporated into a recipe. They also add a nutritious boost with high fiber levels and disease-fighting plant compounds, known as polyphenols. By offsetting some of the meat called for in a recipe, vegetables can additionally help stretch grocery funds further.

The “Meaty Veggie Meatballs Recipe” is hearty due to the 2 pounds of ground turkey, but also because of the addition of nearly 1 pound of steamed vegetables (which makes it a money-saving, healthy dish too). It’s difficult to decide if the best part is how tasty they are or the many meal possibilities they offer: pizza topping, sub filler, pasta pairing, soup addition, and more!

Meaty Veggie Meatballs

Recipe Developer: Shannon Blair

Ingredients

- 2 (16 ounce) packages lean ground meat (example: 93/7 lean ground turkey)
- 1 (12 ounce) package steam-in-bag mixed veggies of choice, pureed (I use a store-brand carrot, broccoli, and cauliflower blend)
- 1 cup old-fashioned oats
- 1/2 cup parmesan, shredded
- 1 1/2 teaspoons minced or finely grated garlic
- 1 tablespoon Italian seasoning (preferably reduced sodium)
- 3/4 teaspoons salt
- Cooking spray or 2 tablespoons of melted butter

Directions

1. Preheat oven to 425 degrees. Line a baking sheet with foil, and either spray with cooking spray or brush with melted with butter.
2. Microwave vegetables and pour into a glass jar.
3. Use an immersion blender to puree them. You could also use a food processor to complete this step or a potato masher. Allow to cool while preparing the other ingredients.
4. Using your hands, combine all ingredients in a large mixing bowl.
5. Halve the mixture to form two sections. Roll each section into approximately 40 medium-sized meatballs, placing approximately 80 balls on the baking sheet.
6. Brush the tops of the meatballs with the rest of the melted butter or coat with cooking spray.



7. Bake 25 minutes on the middle rack, or until internal temperature of meatball reaches a minimum of 165 degrees.
8. Allow uneaten meatballs to cool before freezing in a flat layer.

Yield: 80 meatballs

Recipe Notes

- I like to thaw and reheat these in the microwave from frozen, adding them in last to my sauce since they can crumble apart easily if simmered too long.
- You can also double this recipe to make two trays at once. Just swap the bottom and middle racks halfway through cooking time.
- Consider making the veggie puree earlier in the day or the day prior to cut down on prep time.

Post-assessment

Now that you have a high leftovers I.Q. and awareness of how to stretch a dollar, take the whole chicken challenge to show what you know.

- How many meals can you think of preparing by using leftover meat from a whole roasted chicken?
- Think about how much chopped chicken this typically yields and ways to use such an ingredient as a building block.
- Make a list of as many dishes as you can.
- Tip: Don't forget about the bones!
- You can consult the resources from earlier in the lesson if you need some inspiration.
- Share your ideas with classmates and a teacher or an adult at home.



Pre-Assessment Answer Key: "What's Your Leftovers I.Q.?"

1. A and C
2. Correct Answers:
 - Ground meats = 160 degrees
 - Poultry = 165 degrees
 - Red meats = 145 degrees
3. 140 and 2
4. True
5. D
6. A
7. C
8. False
9. A
10. True

Activity 1 Answer Key: "Stay Informed: Inflation at the Market"

1. 4 decades or 40 years
2. 7.5%
3. Examples of foods that have increased in cost include coffee, poultry, and pork.
Example of a food that has decreased in cost includes ice cream.
4. \$250
5. Suggested Answers: Supply and demand, gas prices required for transport /
The inflation is not promising to let up anytime soon, but governmental banking agencies are working on solutions with caution involving raising interest rates.
6. Answers vary, but the main point is that we are getting less for the same money, requiring tradeoffs and sacrifices in the marketplace.