Meat and Bean Group: How Much Is Enough?

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MEAT AND BEAN GROUP
How Much Is Enough?

Price per pound is not the whole story. That pound of meat may be lean and boneless or it could contain more bone, gristle, and fat than lean meat.

### Purchasing Guidelines

<table>
<thead>
<tr>
<th>Type of Meat</th>
<th>Market Unit</th>
<th>Servings per Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless meats such as ground beef, stew meat, ready-to-serve ham, bologna, liver, round steak, flank steak</td>
<td>1 pound</td>
<td>4</td>
</tr>
<tr>
<td>Meat with some bone and fat such as beef chuck, pork shoulder, picnic ham, most roasts, pork chops, steaks</td>
<td>1 pound</td>
<td>3</td>
</tr>
<tr>
<td>Meat with much waste such as short ribs, spareribs, chicken wings, and backs</td>
<td>1 pound</td>
<td>1 or 2</td>
</tr>
<tr>
<td>Chicken, whole fryer</td>
<td>3 pounds</td>
<td>5 or 6</td>
</tr>
<tr>
<td>Fish, canned</td>
<td>15 to 16 ounces</td>
<td>4</td>
</tr>
<tr>
<td>Tuna</td>
<td>7 ounces</td>
<td>2</td>
</tr>
</tbody>
</table>

**Note:** One pound of dry beans makes 6 cups when cooked. A 1-pound can of cooked beans is 2 cups.

**Reminder:** Meat, fish, and poultry spoil easily. Buy only as much as you can use or store before they spoil.

### Which is the best buy?

- 3-pound whole chicken for $4.49 or
- Skinless, boneless chicken breasts for $3.99 per pound?
**Store It Right**

- Remove cooked stuffing from chicken or turkey and store it separately.
- Store peanut butter, dry beans, and canned beans in the cupboard. After opening, store peanut butter in the refrigerator.
- Cover cooked beans and store them in the refrigerator. Use them within three to four days or freeze for later use in another recipe, such as chili or soup.
- Fresh meats and other animal foods spoil quickly. They should be stored in the coldest part of the refrigerator. Here are some guidelines for storing meats in the refrigerator:
  * Fish, poultry, and ground meat keep one to two days.
  * Roasts, steaks, and chops keep three days.
  * Leftover cooked meats and main dishes keep one to two days.
  * Gravy and poultry stuffing keep one to two days.
  * For longer storage, wrap and freeze meat, fish, and poultry immediately after buying or cooking.

Written by Kathy Daly-Koziel, former EFNEP Coordinator

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