

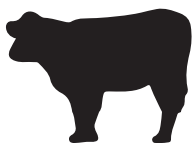


Funded by Beef Farmers and Ranchers

# ACTIVITY BOOK



# BEEF, IT'S WHAT'S FOR DINNER



This is Sir-Loin. Because beef is for dinner, find how many Sir-Loin's are hidden throughout this book. How many can you find?

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This activity book belongs to

69



# SIR-LOIN'S BEEF WORD SEARCH



Y O M Y P U E B W W B U J C Y U A G W I  
 S E I H N D V K Y H L V G P X T B E E Z  
 K T W H Z S T E A K H D U G O W Q Y U H  
 D I N N E R Q P K S A R W R J T C D Q C  
 X M J Q D A K J D E U N E D N I T U I H  
 T D C A G M L J P C Z N G C Y Z R A O Q  
 I H X E Y K I T Z I N C F U I C D Q P T  
 E I N L F Q D S H I E D O H S P I E U D  
 A A K V W Q M K S Y S C I E F X E C C E  
 G I I A K G X X N O E O D R Q B M L H W  
 W L D K X J U H E E U G W E H V S X U K  
 E A B P J G V Q E K J R Z F W K C D C K  
 V P I P R B Y U H W A X I O Y S J S K L  
 H Q M R R B U X X B H N M R V U A R F Y  
 X A M U O O Q R O D J L I D A J X J I C  
 I U C P L N T L G B Y R R B Q J K I L Z  
 Y A B H U X P E G E U X B D X Z U B E D  
 X Z H M W B K E I Q R D C V M H Z S W R  
 H C T S I R L O I N E H X J F B E E F L  
 F O G D M H Y V K V T B L I N N O D P N

HEREFORD

HEALTHY

BURGER

ANGUS

MISSOURI

SIRLOIN

RECIPE

CHUCK

PROTEIN

DINNER

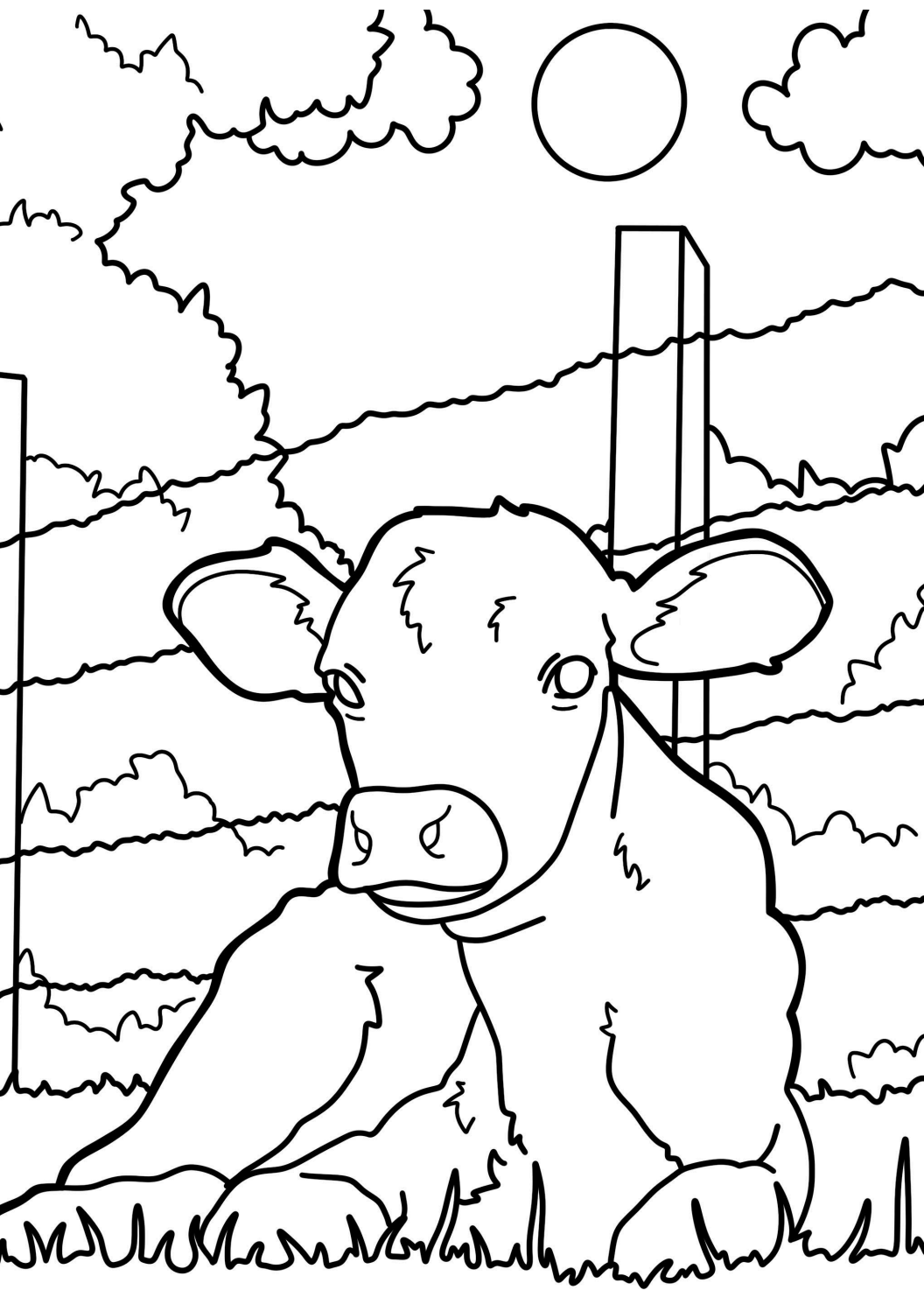
STEAK

BEEF

ZINC

IRON





# SIR-LOIN'S BEEF RECIPES



## CONFETTI BEEF TACOS

### INGREDIENTS

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1 lb. ground beef (93% lean or leaner)

2 tsp chili powder

1/2 tsp salt

1 can (11 oz) corn, drained

1 cup prepared chunky salsa

8 taco shells

### DIRECTIONS

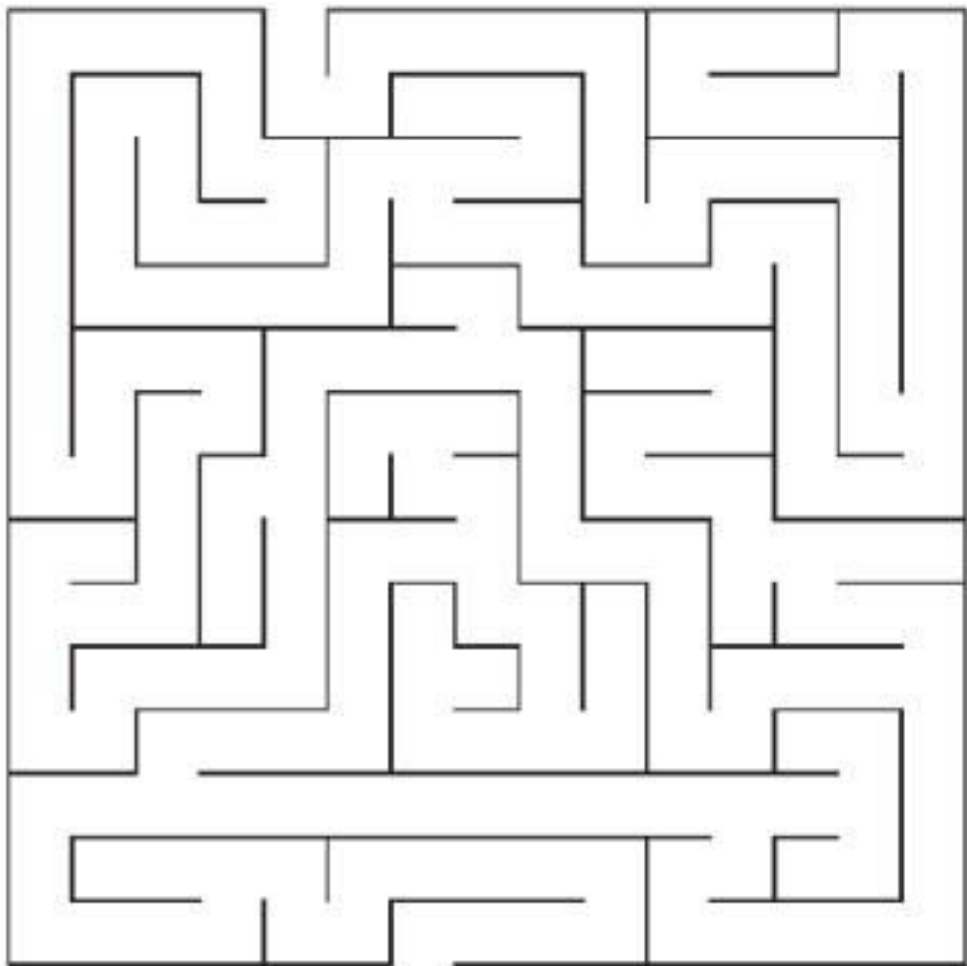
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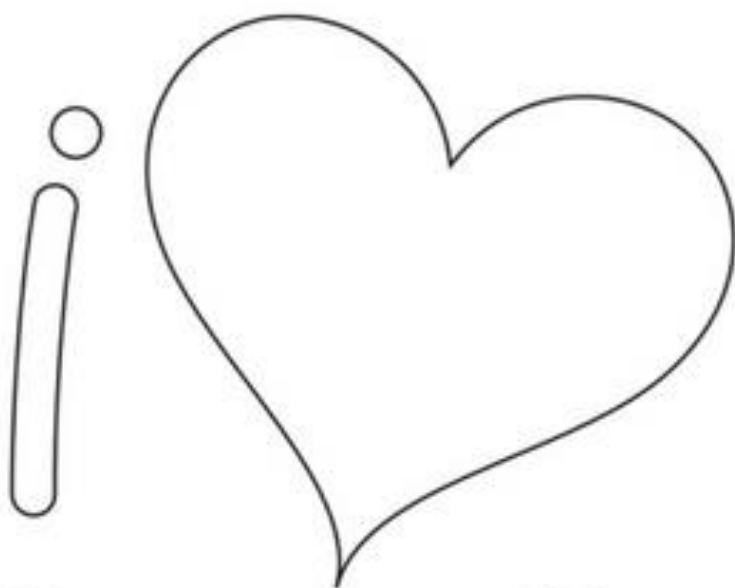
1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, as necessary; season with chili powder and salt, as desired.

2. Stir in corn and salsa; heat through. Serve in taco shells with toppings, as desired.

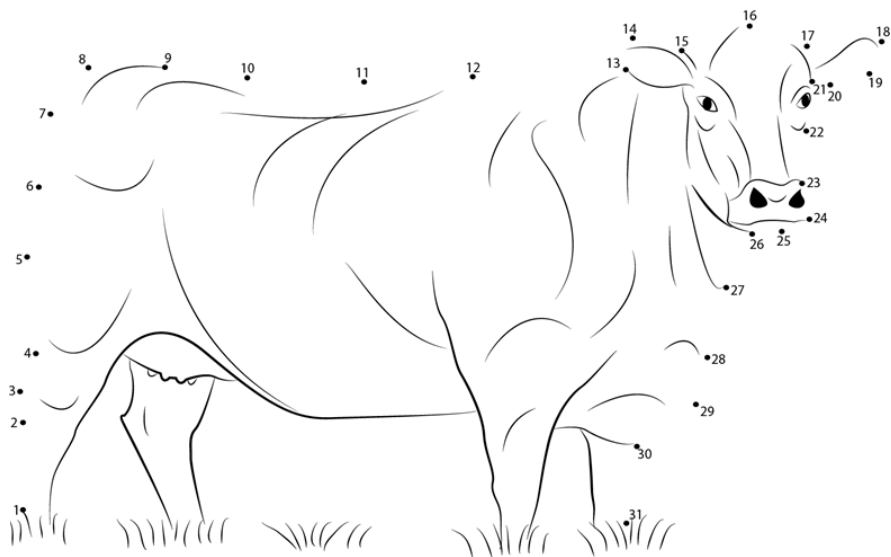


# GET SIR-LOIN TO THE PASTURE





Beef®



## TOP 10 ESSENTIAL NUTRIENTS & VITAMINS FROM BEEF



**IRON** helps your body use oxygen



**ZINC** helps maintain a healthy immune system.



**VITAMINS** B<sub>6</sub> and B<sub>12</sub> help maintain brain function.



**PHOSPHORUS** helps build bones & teeth.



**NIACIN** supports energy production & metabolism.



**RIBOFLAVIN** helps convert food into fuel.



**SELENIUM** helps protect cells from damage.



**PROTEIN** helps preserve & build muscle.



**CHOLINE** supports nervous system development.



**BEEF.** IT'S WHAT'S  
FOR DINNER.®

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