

Food

The Future of Meat Choice

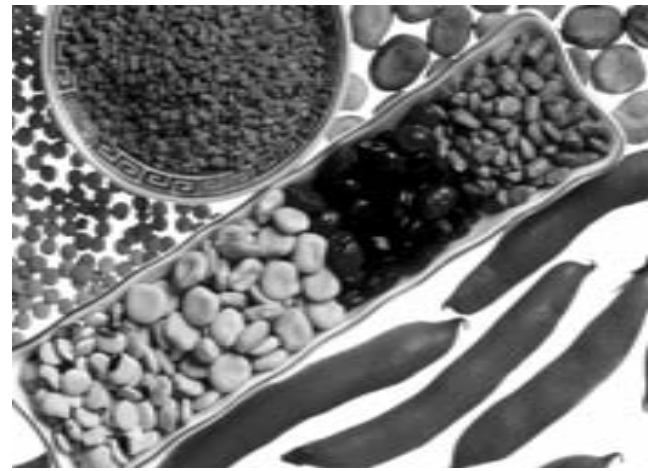
The government recommends an average person eat 5.5 oz of meat per day. That adds up to 124 pounds per year which their figures say would cost you \$1,000 if you took it in a beef, \$800 in pork but only \$400 in chicken. We're including sausages and stew cuts here, not just prime cuts.

However in the USA beef farming is subsidized by the government which makes it cheaper in the stores than it really cost to produce. You'll find in other countries beef is considered a great luxury.

But let's look at it ecologically: what area of farmland is required for each kind of meat? To produce your ration of meat in beef requires half an acre, that is 2,420 square yards. But it only requires 28 sq yds for chicken but pork wins the game with only 1.4 sq yds.

Now to get a complete diet of meat, fruit vegetables and dairy agronomists calculate we currently use 1.2 acres per person. But math proves that an ever-expanding population will find only 0.6 acres per person in 2050. Faced with that you can see there won't be enough land for or children to live on beef. Diets must definitely adjust to grow enough to eat.

Try these recipes:



Recipes and Tips for Healthy, Thrifty Meals by USDA:

Stir-Fried Pork and Vegetables With Rice

4 Servings of pork and vegetables, about 1/2 cup each.
4 Servings of cooked rice, about 2 cups each

Ingredients

- Chicken broth, reduced sodium 2 cups
- Hot water 2 cups
- Rice, uncooked 2 cups
- Vegetable oil 2 tablespoons
- Broccoli cuts, frozen 2 cups
- Carrots, cleaned, sliced thinly 1 cup
- Onions, minced 1/4 cup
- Garlic powder 1 teaspoon
- Canned mushrooms, drained 1/2 cup
- Ground pork 1 pound + 7 ounces
- Soy sauce 4 tablespoons

Preparation time: 20 minutes,
cooking time: 30 minutes

1. Heat broth and water to a boil in sauce pan; add rice and return to boil. Reduce heat to low and simmer until tender, about 15 minutes.

2. Heat 1 tablespoon of oil in skillet. Add broccoli, carrots, onions, and garlic powder. Cook until crisp-tender, about 5 minutes. Remove from skillet. Add mushrooms. Cook for 1 minute and set aside.

3. Heat second tablespoon of oil in skillet. Add pork; cook until pork no longer remains pink. Drain liquid.

4. Add soy sauce and stir until mixed; add vegetables to pork mixture. Cook until heated, about 1 to 2 minutes.

5. Serve pork mixture over cooked rice.

(Note: Sodium level can be reduced from 799 milligrams to 532 milligrams by reducing soy sauce from 4 to 2 tablespoons.)

Per Serving::

- Calories 860
- Total fat 33 grams
- Saturated fat 10 grams
- Cholesterol 108 milligrams
- Sodium 799 milligrams

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