

REGISTERED

Longhorn Beef

The Leanest Meat of All

Fresh off our own
Mohican Country Market Home Farm
Broad Horizon Ranch

Leading the Food Industry's
Healthy Scale
with lowest
Calories, Cholesterol & Fat*



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*HOW MEATS COMPARE NUTRITIONALLY

(Information based on 3.5 oz. serving)

Meat	Calories	Cholesterol (mg)	Fat (gm)	Protein (gm)
Longhorn	140	61.5	3.7	25.5
Ground Beef	289	90.0	20.7	24.1
Top Round	180	84.6	4.9	31.7
Pot Roast	210	101.0	7.6	33.0
Pork Chops	202	82.7	8.1	30.2
Pork Loin	190	79.6	9.8	28.6
Lamb Chop	216	95.8	9.7	30.0
Lamb Leg	191	89.7	7.7	28.3
Chicken, Dark	205	93.8	9.7	27.4
Chicken, White	173	85.7	4.5	30.9
Turkey	170	79.6	5.0	39.3
Venison	207	4.0	6.4	33.5

Source: Longhorn data "Nutrient Density of Beef from Registered Texas Longhorn Cattle: Texas A&M, 1987.
Other data: USDA, USA Today 11.29.91. Pope Lab, Inc., Dallas TX

— Cooking Tips —

- ★ Registered Texas Longhorn Beef cooks quickly due to its low fat content. Fat acts as an insulator so the heat must penetrate the fat before it begins to cook the meat. Therefore, the less fat, the quicker the cooking time. Be careful not to overcook it.
- ★ There is not much shrinkage in Registered Longhorn beef. The cooked size is close to the same size you started with.
- ★ It is never necessary to cook Registered Longhorn Beef in additional fat. It contains just enough natural fat to allow it to cook to perfection.
- ★ Registered Longhorn Beef roasts should be cooked at 275° F.
- ★ To broil, position the meat 3-4 inches from the heat. Watch it closely while cooking to achieve desired doneness.
- ★ Broiling slightly frozen steaks keeps them juicier. A medium-hot fire works best in grilling. Add damp mesquite or cherry wood chips to the fire for an extra flavor. Remember, the meat cooks quickly so watch it carefully.
- ★ A meat thermometer is recommended to monitor desired doneness. Ground beef should have an internal temperature of 160° F.