



SMARTER BEEF 

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Contact:

Mischel Schonberg
513-239-3393
mischel@freemancommunications.biz

Chris Anderson
859-685-4411
canderson@meyerfoods.com

Laura's Lean Beef Offers Delicious Cure for Holiday Turkey Fatigue

LEXINGTON, KY – Roast turkey with gravy, followed by turkey sandwiches, followed by turkey turnovers, washed down with a cup of turkey noodle soup...sound familiar?

As much as we look forward to it, the comfort and joy of the traditional holiday turkey dinner can quickly turn into the twelve days of turkey fatigue.

If the prospect of heating, eating and re-eating turkey gives you a bad case of holiday déjà vu, these recipes from Laura's Lean Beef just might inspire you to tamper with tradition this year.

Appetizers

Beef Empanadas

<http://laurasleanbeef.com/inTheKitchen/recipes/recipeshow.php?rcid=234>

Easy Jambalaya with Beef

<http://laurasleanbeef.com/inTheKitchen/recipes/recipeshow.php?rcid=107>

The Main Course

Roasted Tenderloin

<http://laurasleanbeef.com/inTheKitchen/recipes/recipeshow.php?rcid=161>

Spinach-Artichoke Steak Pinwheels

<http://laurasleanbeef.com/inTheKitchen/recipes/recipeshow.php?rcid=176>

About Laura's Lean Beef

Laura's Lean Beef was founded on the principle that health conscious consumers don't have to give up the rich flavor of red meat. They just have to be educated to select cuts that are low in fat and saturated fat. Laura's makes it easy with a variety of fresh, lower fat alternatives to conventionally-produced beef, so low that every product meets the government's definition for "lean" or "extra lean."

The company accomplishes this by using naturally leaner breeds of cattle like Limousin and Charolais, versus the popular Angus, and practicing sustainable farming methods that yield exceptionally lean beef. The cattle are humanely raised, without growth hormones or antibiotics, and fed with a vegetarian diet of grasses and grains.

Laura's Lean Beef has been awarded the Good Housekeeping Seal and five of its products have been certified by the American Heart Association (AHA). The AHA's heart-check mark identifies products that meet the association's criteria for saturated fat and cholesterol. The GH Seal and AHA's heart-check mark are among the most trusted consumer icons.

Laura's Lean Beef products are available in more than 7,000 grocery stores nationwide. In addition to fresh cuts of beef, the company also offers ground products, frozen patties and three award-winning, fully-cooked entrees: Shredded Beef in Barbecue Sauce, Beef Pot Roast au Jus, and Meatloaf with

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