



The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



Real. Sweet!

The Sweet Beat has informed our readers of four artificial sweeteners that are prominent in our foods in the U.S. The previous artificial sweeteners highlighted have been:

- Acesulfame K – being 200 times sweeter than sugar, sold under the names of Sunett, Sweet One, and Sweet & Safe, and is not metabolized by the body.
- Aspartame - marketed as NutraSweet, Equal and Sugar Twin brands, is also 200 times sweeter than sugar, and products containing aspartame must carry a label advising those with phenylketonuria, a rare genetic disorder, that phenylalanine is present.
- Neotame – is the newest of the artificial sweeteners, is structurally different which makes it about 40 times sweeter than aspartame, or approximately 8,000 times sweeter than sugar.
- Saccharin – discovered more than 100 years ago which makes it the oldest artificial sweetener, its sweetness depends on how it is used, and ranges from 200 to 700 times sweeter than sugar, and is sold under such brands as Sweet 'N Low, Sweet Twin and Necta Sweet.

The last artificial sweetener and one that has become a big competitor to "real sugar" is Sucralose.

[Click here to find out more](#)

Chili Dog Sauce - Coney Island Style



Ingredients:

- 1 lb. ground chuck
- 1 LG onion, chopped
- 2 cloves garlic, minced
- 1 can (6 oz.) tomato paste
- 1 C water
- 1 T Pioneer Sugar
- 1 T prepared yellow mustard
- 1 T dried, minced onion
- 2 tsp. chili powder
- 1 tsp. Worcestershire sauce
- 1 tsp. salt
- 1/2 tsp. celery seed

- 1/2 tsp. ground cumin (heaping)
- 1/4 tsp. ground black pepper

Directions:

In a skillet over medium high heat, brown ground beef, breaking up bigger clumps to small pieces of meat. Add onions half way through. Add garlic when meat is nearly done. Drain well.

Add tomato paste, water, Pioneer Sugar, mustard, dried minced onion, chili powder, Worcestershire sauce, salt, celery seed, cumin and black pepper. Simmer for about 15 minutes. Remove from heat and serve with your favorite hot dog or bratwurst!

* Leftovers can be kept in the refrigerator for up to 2 weeks in a sealed container. Can also be frozen up to 6 months.

[For more 'Sweet' Recipes, click here](#)



The 2011 Michigan Sugar Queen Crowning will be held at the Sebewaing Sugar Festival in Sebewaing on June 17, and will be featured in the annual parade the following day at 10 a.m. Follow this link http://www.emailcontact.com/stat/click.php?nl_id=110446&email=%5bEMAIL%5d&url=http%3A%2F%2Fwww.sebewaingchamber.com for more information about the Sebewaing Sugar Festival.

Be sure to check out our Community Calendar on [http://www.emailcontact.com/stat/click.php?nl_id=143612&email=\[EMAIL\]&url=http%3A%2F%2Fwww.michigansugar.com%2F](http://www.emailcontact.com/stat/click.php?nl_id=143612&email=[EMAIL]&url=http%3A%2F%2Fwww.michigansugar.com%2F) to follow our 2011 Michigan Sugar Queen and Court around the state at various events and parades.

[Community Calendar](#)

Sweet Savings!



Save on 5 lbs. of pure & natural Pioneer Sugar brand sugar at your favorite local grocery store.

Locally Grown. Locally Owned.

[Click here for your Sweet Savings!](#)

Do you have a Recipe to Share?



Sharing recipes is fun! And it can also be rewarding. We're looking for new **'sweet'** recipes to add to our growing collection of recipes on our website. Do you have one you'd like to share? Please click the link below to share yours. You will be rewarded in so many ways. Thank you!

[Share your Recipe](#)



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