



Give Them More  
— of the —  
Good Stuff!

# Ground Beef Basics

## Shop and Save

- ✿ Ground beef is often red on the outside because of exposure to oxygen. A darker color on the inside is normal and not a sign of spoilage.
- ✿ Watch for ground beef on sale. Stock up if you can cook or freeze within a couple of days.
- ✿ Large packages of ground beef may cost less per pound than small packages.
- ✿ Try ground beef that is 15% fat or less. Lower fat meat may cost more per pound but you are buying less saturated fat.

**Never leave ground beef at room temperature for more than 2 hours**

*3 ounces of lean beef supplies nearly half the protein most people need in a day.*



*Food Hero Baked Meatballs*

## Keep it Safe!

- ✿ Cook, refrigerate or freeze ground beef soon after buying.
- ✿ Thaw frozen meat in the refrigerator. Allow 12 hours for 1 pound and use a container to catch liquids. Cook or re-freeze within 1 or 2 days.
- ✿ For faster thawing (1 pound in 1 hour), cover leakproof package with cold water; weigh it down to keep under water. Add new cold water every 30 minutes. Cook right away.
- ✿ Microwave thawing is safe if the meat is cooked right away.
- ✿ Keep raw meat away from fruits and vegetables.
- ✿ Wash hands with soap and water before and after touching raw meat.
- ✿ Use hot soapy water to wash all surfaces and utensils that touch raw meat.
- ✿ Meatloaf, meatballs and hamburgers are safely cooked when the inside temperature reaches 160 degrees F. Check the middle with a food thermometer.

## Store Well Waste Less

- Refrigerate raw ground beef and use within 2 days for best quality.
- Freeze raw ground beef for longer storage:
  - Divide into recipe-sized amounts.

- Flatten into 1-inch thick pieces for quick freezing and thawing.
- Package in airtight wrap or containers. Remove as much air as possible, label and date. Use within 4 months for best quality.
- Refrigerate cooked ground beef for 3 or 4 days. Freeze for longer storage; use within 4 months for best quality.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Ground Beef

## Garlic Ginger Ramen with Beef

### Ingredients:

- ½ pound **ground beef** (15% fat or less)
- 2 cups **water**
- 2 packages soy sauce flavor **instant ramen-style noodles**, broken into small pieces
- 16 ounces frozen **stir-fry vegetables** (any type)
- 2 **green onions**, thinly sliced
- 1 Tablespoon finely chopped **fresh ginger** or ¼ teaspoon ground ginger
- 2 cloves **garlic**, minced or ½ teaspoon garlic powder

### Directions:

1. In a large skillet over medium-high heat, brown ground beef. Drain fat from the skillet (see **Note**).
2. Add water and ONE seasoning packet to cooked beef and mix well.
3. Add vegetables, green onion, ginger and garlic. Bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low and simmer for 3 to 5 minutes or until the vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

**Note:** Pour fat from cooked meat into a metal container. Let it cool, then dispose of it in the garbage can.

**Makes** 6 cups

**Prep time:** 10 minutes

**Cook time:** 15 minutes

Go to  
[FoodHero.org](https://www.foodhero.org)  
for easy, tasty  
beef recipes

## Quick Chili



### Ingredients:

- ½ pound **ground beef** (15% fat or less)
- 1 medium **onion**, chopped
- 1 can (15 ounces) **kidney beans** with liquid
- 2 cans (14.5 ounces each) diced **tomatoes** with liquid
- 2 Tablespoons **chili powder**

### Directions:

1. Brown meat and onion in a large skillet over medium-high heat. Drain fat from the skillet (see **Notes**).
2. Add beans with liquid, tomatoes with liquid and chili powder.
3. Reduce heat to low, cover and cook for 10 minutes. Serve warm.
4. Refrigerate leftovers within 2 hours.

### Notes:

- Serve with shredded cabbage, low-fat sour cream, cilantro or grated cheese.
- Add other vegetables such as bell pepper, carrot, celery and corn, if desired.
- Add cumin, oregano or red pepper flakes for extra flavor!
- Pour fat from cooked meat into a metal container. Let it cool, then dispose of it in the garbage can.

**Makes** 6 cups

**Prep time:** 5 minutes

**Cook time:** 20 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- safely handle the sharp lids when opening cans.
- measure ingredients.
- use a spatula to break up ground beef as it browns.