



Give Your Family More of the Good Stuff!

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Ground Beef Basics

Shop and Save

- ✿ Color of ground beef can vary from dark purple-red to a bright red on surfaces exposed to oxygen. Darker color on the inside does not mean poor quality or spoilage.
- ✿ Watch for sale prices on meat. Stock up if you can cook or freeze within a few days.
- ✿ Large 'bulk' packages of ground beef may be cheaper per pound than smaller packages.
- ✿ Try ground beef that is 85% lean or higher. Leaner meat usually costs more per pound but there is less waste.

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.



Thaw Ground Beef Safely:

- 1 Refrigerator:** Safest method. **Allow 12 hours** to thaw 1 pound. Meat does not need to be cooked immediately and could be re-frozen.
- 2 Cold water:** Safe if water is kept cold and covers the package. **Allow 1 hour** to thaw 1 pound. Cook meat immediately after thawing.
 - Place the package in a leak-proof plastic bag. Submerge in **cold** water, changing the water every 30 minutes. Use a weight to hold the package under the surface of the water.
- 3 Microwave:** Safe if cooked immediately. Do not re-freeze unless cooked first. Edges and corners may partially cook during thawing.
 - Remove from packaging; place in a microwave safe container. Use the automatic defrost setting or microwave for **about 3 minutes** at 50 percent power for a 1-pound package.

Store Well Waste Less

- Refrigerate raw ground beef and use within a few days after the 'sell by' date for best quality.
- Refrigerate cooked meat for up to a week. Freeze for longer storage; use within 2 to 3 months in any recipe using cooked ground beef.
- Freeze raw ground beef to store longer.
 - Divide into amounts that would be used at one time.
 - Flattened squares or circles about 1-inch thick thaw more quickly than a ball or tube shape.
 - Package in freezer-quality wrap. Exclude as much air as possible; label and date. For best quality use within 4 months.



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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Ground Beef

Asian Beef and Noodles

Ingredients:

- ½ pound lean **ground beef** (15% fat)
- 2 cups **water**
- 2 packages oriental flavor instant **ramen-style noodles**, broken into small pieces
- 16 ounces frozen **Asian-style vegetables**, or any other frozen vegetables
- 2 **green onions**, thinly sliced
- 1 Tablespoon fresh **ginger**, finely chopped 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.
2. Add water and ONE seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic. Bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 10 minutes

Cook time: 15 minutes

Go to
FoodHero.org
for easy, tasty
beef recipes

Quick Chili



Ingredients:

- ½ pound lean **ground beef** (15% fat)
- 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 onions in a large skillet over medium-high heat. Drain fat.
2. Add undrained beans, 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 peppers, carrots, celery, and corn, if desired.
- Add dried cumin, oregano or red pepper flakes in Step 2 for extra flavor!

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.