



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
- 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.

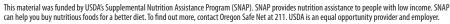


- Refrigerate raw ground beef and use within 2 days for best quality.
- Freeze raw ground beef for longer storage:
- Divide into recipe-sized amounts.

- 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.













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Enjoy Ground Beef Quick Chili Ingredients: 1/2 pound **ground beef** (15% fat or less) 1 medium **onion**, chopped 1 can (15 ounces) kidney beans with liquid Garlic Ginger Ramen Go to 2 cans (14.5 ounces each) diced tomatoes FoodHero.ora with Beef with liquid for easy, tasty 2 Tablespoons chili powder beef recipes **Ingredients: Directions:** ½ pound **ground beef** (15% fat or less) 2 cups water 1. Brown meat and onion in a large skillet over medium-high heat. Drain fat from the 2 packages soy sauce flavor **instant ramen**skillet (see **Notes**). style noodles, broken into small pieces 2. Add beans with liquid, tomatoes with 16 ounces frozen stir-fry vegetables liquid and chili powder. (any type) 3. Reduce heat to low, cover and cook for 2 **green onions**, thinly sliced 10 minutes. Serve warm. 1 Tablespoon finely chopped **fresh ginger** 4. Refrigerate leftovers within 2 hours. or 1/4 teaspoon ground ginger **Notes:** 2 cloves **garlic**, minced or ½ teaspoon garlic powder • Serve with shredded cabbage, low-fat sour cream, cilantro or grated cheese. **Directions:** Add other vegetables such as bell 1. In a large skillet over medium-high heat, pepper, carrot, celery and corn, if desired. brown ground beef. Drain fat from the • Add cumin, oregano or red pepper flakes skillet (see Note). for extra flavor! 2. Add water and ONE seasoning packet to • Pour fat from cooked meat into a metal cooked beef and mix well. container. Let it cool, then dispose of it in 3. Add vegetables, green onion, ginger and the garbage can. garlic. Bring to a boil over high heat. Makes 6 cups 4. Add ramen noodles, reduce heat to low **Prep time:** 5 minutes and simmer for 3 to 5 minutes or until the Cook time: 20 minutes 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. When kids help make healthy food, Makes 6 cups Kids Can! they are more likely to try it. Show **Prep time:** 10 minutes kids how to: Cook time: 15 minutes safely handle the sharp lids when opening cans. **measure** ingredients. use a spatula to break up ground

beef as it browns.