



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

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.

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.



Enjoy Ground Beef

Garlic Ginger Ramen with Beef

Ingredients:

- 1/2 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 1/4 teaspoon ground ginger
- 2 cloves **garlic**, minced or 1/2 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

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FoodHero.org
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beef recipes

Quick Chili



Ingredients:

- 1/2 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.