



Cooking with Ground Beef

At the grocery store, choose ground beef packages that feel cold that are not torn. This should be one of the last items picked up before checkout. Go directly home from the store and place the ground beef in the refrigerator to use within 1 to 2 days. For longer storage, wrap in heavy-duty plastic wrap, aluminum foil or freezer bags and freeze at 0 degrees.

The best way to safely thaw ground beef is in the refrigerator. Keeping meat cold while it is defrosting is important to prevent bacteria growth. You can defrost ground beef in the microwave, but then you must complete cooking immediately.

Cook ground beef until a food thermometer shows it has reached 160 degrees. Do not rely on the color of ground beef to indicate doneness. Undercooked ground beef can contain harmful bacteria. Place the thermometer in the thickest area of ground meat dishes, such as the center of the meatloaf. For hamburger patties, insert the thermometer sideways into the patty. After browning ground beef and adding it to a casserole, make sure the end-point temperature is at least 160 degrees.



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Never leave ground beef or any perishable food out at room temperature more than 2 hours.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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