



Using Leftover Beef

It is important to use any leftover food as soon as possible and beef cooked at home should be eaten within three to four days of cooking.

If you have beef left over from one meal and would like to use it in another meal, you still need to eat the beef within the first three to four days of originally cooking. For example, if you cook the beef on Day 1 and have leftovers that you would like to use for another meal item, such as beef vegetable soup, then that soup should be eaten within two to three days. Food should never be allowed to set out on the counter to cool. It should be cooled and stored in the refrigerator at a temperature of 40 degrees.

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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