



Using a Thermometer

It's important when you make these meat loafs that we said we bake them for an hour at 350 degrees. But you want to be sure that they're really done to a safe temperature and that the bacteria has all been killed.

By using a thermometer like this one, which is a quick-read food thermometer, you can insert right in the middle, and it will rise quickly.

It only needs to reach 160 degrees for just a second, then you'll know that it's a safe product that is still appetizing and juicy to eat.

You'll want to use this for ground beef. You can also use it for pork, or chicken, or fish. Any recipe that you need to make sure that its safe.

It used to be, that if the juices ran clear, they thought the meat was done, but that's not always a guarantee.



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

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