

3 SIMPLE STEPS FOR BROILING BEEF

STEP 1 CHOOSE YOUR CUT

Some of the best cuts for grilling include: (*indicates **lean**)



T-Bone steak*



Tenderloin Filet*



93% lean or leaner Ground Beef patties or kabobs*

STEP 2 PREPARE YOUR BEEF



Set oven for broiling; preheat for 10 minutes. (*Consult owner's manual for specific information)



Season beef with herbs or spices, as desired.



Place beef on rack of broiler pan. Position broiler pan so that surface of beef is within specified distance from heat according to **chart**.

STEP 3 COOK YOUR BEEF



Broil according to **chart**, turning once.



After cooking, season beef with salt, if desired.

Bring IT TO A BROIL

Your oven is heated, your spices are ready. Now get your new skills cookin' with these delicious **recipes** the whole family will enjoy.

Best Tool: Broiling Pan



DID YOU KNOW?

Beef is a source of **10 Essential Nutrients!**¹

Beef Coach's Tips:

TIP NO 1

If you have an electric oven, keep the oven door slightly ajar while broiling. If the door is closed, the heating element may turn off and you'll be baking your beef—not broiling.

TIP NO 2



Turn with tongs. Use tongs instead of a meat fork to avoid losing tasty juices when turning your meat.

1. U.S. Department of Agriculture, Agricultural Research Service, 2012. USDA Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp.

BEEF