



Ground Beef Basics



TIPS FOR BUYING, STORING AND COOKING

Ground Beef Nutrition Facts

Beef provides nutrients your body needs. A 3 oz. serving of 90% lean ground beef provides the following nutrients and the taste you love.

99% DV*	B ₁₂
52% DV	Zinc
48% DV	Protein
48% DV	Niacin
33% DV	Selenium
21% DV	B ₆
17% DV	Phosphorus
14% DV	Iron
14% DV	Choline
12% DV	Riboflavin

*DV = Daily Value

U.S. Department of Agriculture, Agricultural Research Service.
FoodData Central, 2019. fdc.nal.usda.gov. FDC ID: 174755

Ground Beef can be found in a variety of options.

GROUND BEEF PRODUCTS	CALORIES	TOTAL FAT (G)
95% Lean / 5% Fat	164	8
90% Lean / 10% Fat	195	10
85% Lean / 15% Fat	217	13
80% Lean / 20% Fat	231	15
75% Lean / 25% Fat	236	15

Based on a 3 oz. serving of pan-browned crumbles.

U.S. Department of Agriculture, Agricultural Research
Service. FoodData Central, 2019. fdc.nal.usda.gov.
FDC ID: 174028, 171794, 174034, 171799, 174040.



Ground Beef has many essential nutrients and can be lower in calories, fat and cholesterol than ground turkey.



Ground Beef
(93% LEAN/7% FAT)



Ground Turkey
(93% LEAN/7% FAT)

Ground Beef vs. Ground Turkey

Compare the facts:

SERVING SIZE: 3 OZ. (COOKED GROUND BEEF)		DAILY VALUE
Calories	155kcal	☆ 8%
Total Fat	6.8g	☆ 9%
Saturated Fat	2.7g	14%
Cholesterol	71mg	☆ 24%
Protein	21.7g	☆ 43%
Iron	2.4mg	☆ 13%
Zinc	5.5mg	☆ 36%
Vitamin B ₆	0.3mg	19%
Vitamin B ₁₂	2.3mcg	☆ 98%

SERVING SIZE: 3 OZ. (COOKED GROUND TURKEY)		DAILY VALUE
Calories	176kcal	9%
Total Fat	9.7g	12%
Saturated Fat	2.5g	☆ 13%
Cholesterol	90mg	30%
Protein	22g	44%
Iron	1.5mg	8%
Zinc	3.2mg	29%
Vitamin B ₆	0.4mg	☆ 24%
Vitamin B ₁₂	1.5mcg	64%

U.S. Department of Agriculture, Agricultural Research Service.
FoodData Central, 2019. fdc.nal.usda.gov.
Ground Beef FDC ID: 174752, Ground Turkey FDC ID: 174492.

Decoding the Label

GROUND SIRLOIN 93% LEAN, 7% FAT

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY FOR YOUR PROTECTION. FOLLOW THESE SAFE HANDLING INSTRUCTIONS.



KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.



KEEP RAW AND POULTRY
SEPARATE FROM OTHER FOODS.
WASH WORKING SURFACE
(INCLUDING CUTTING BOARDS),
UTENSILS, AND HANDS AFTER
TOUCHING RAW MEAT OR POULTRY.



COOK THOROUGHLY.



KEEP HOT FOODS HOT.
REFRIGERATE LEFT-OVERS
IMMEDIATELY OR DISCARD.

Net Wt/Ct

1.06 LB

Unit Price

\$2.99/LB

Total Price

\$3.16



Ground Beef is packaged and labeled according to USDA standards and by supermarket preferences.

Ground Beef labels may also indicate the primal cut (Chuck, Round or Sirloin) that was used to produce the Ground Beef. The name of the primal cut does not indicate the percentage of fat. On the label, "% lean" refers to the portion of the Ground Beef that provides protein.

The label includes the weight, price per pound, total price, sell-by date and safe handling instructions. It may also include a grade and/or nutrition and preparation information.

To be labeled lean or extra lean, a 3.5 oz. serving of Ground Beef must fit within the following guidelines:

USDA DEFINITIONS OF LEANNESS

LEAN	EXTRA LEAN
< 10g total fat	< 5g total fat
≤ 4.5g saturated fat	< 2g saturated fat
< 95mg cholesterol	< 95mg cholesterol

Selecting Ground Beef

Select beef with a bright cherry-red color.

Beef in a vacuum sealed bag typically has a darker purplish-red color. This is normal and does not indicate a quality difference. When exposed to the air, it will turn a bright red.

1 **Make sure the package is cold, sealed well, and free of tears.**

2 **Choose packages without excessive liquid.**

3 **Purchase beef on or before the sell-by date.**

4 **Place in a freezer safe storage bag before freezing.**

Storing Ground Beef

Fresh Ground Beef

REFRIGERATOR
1-2 days

FREEZER
3-4 months

Cooked Ground Beef

REFRIGERATOR
3-4 days

FREEZER
2-3 months

Reducing Fat Content By Up To 50%

\$ Money Saving Tip

Lower-fat Ground Beef can often mean a higher cost. By following these tips you can take lower cost Ground Beef and make it a leaner choice.

PRO Pro Tip

If your recipe calls for browning Ground Beef with onion or garlic, these items can be added during the cooking process. Additional seasonings and herbs may be added as desired after rinsing.



- 1 **Heat a large nonstick skillet over MEDIUM heat until hot.** Add Ground Beef and cook 8-10 minutes, breaking beef into small crumbles and stirring occasionally.



- 2 Place a mesh strainer or colander on a ½-quart (or larger) sturdy bowl. **Place beef into strainer and allow fat to drain.**



- 3 Remove strainer from the larger bowl and place it over the sink drain. **Pour hot water over beef to rinse additional fat** before returning beef to pan to complete the recipe.

Thawing Ground Beef

For a safe, high quality product, defrost beef in the refrigerator, never at room temperature. Place the frozen package on a plate or tray to catch any juices and place in the refrigerator to thaw according to the chart below.

BEEF THICKNESS	APPROXIMATE THAWING TIME (IN THE FRIDGE)
½-¾-inch	12 hours
1-1 ½-inches	24 hours



To thaw Ground Beef more rapidly, you can defrost in cold water. Place the meat in a watertight plastic bag and submerge in a bowl or sink filled with cold water. Change the water every 30 minutes. Cook immediately.



According to the USDA, Ground Beef can be defrosted in the microwave, but it must be cooked within the same day. Do not refreeze raw Ground Beef thawed in cold water or defrosted in the microwave unless you cook it first.

Raw Ground Beef can be refrozen as long as it was defrosted properly **in the refrigerator** and is used within freezer storage guidelines.



Farm Fresh Meat Sauce



1½
HOURS



MAKES 8
SERVINGS



16
INGREDIENTS



Ingredients

2 lbs. **Ground Beef**,
(90% lean)

½ cup **onion**, chopped

1 **carrot**, grated

2 cloves **garlic**,
minced

1 cup **cremini**
mushrooms, sliced
then chopped

1 cup **zucchini**, grated

1 cup **dry red wine**

1 cup **beef stock**

1 can (28 oz.) **crushed**
tomatoes

⅓ cup **tomato paste**

1 tsp. **dried oregano**

1 tsp. **dried parsley**

1 tsp. **dried basil**

¼ tsp. **crushed red**
pepper flakes

½ tsp. freshly **ground**
pepper

1 tsp. **Kosher salt**

Preparation

- ① Heat a stock pot over MEDIUM heat until hot. Add Ground Beef and onion and cook 4-5 minutes, breaking beef into small crumbles and stirring occasionally.
- ② Add remaining ingredients.
- ③ Turn heat to LOW, cover and cook at a slow simmer, stirring occasionally for 45 minutes. Uncover, salt and pepper to taste and simmer another 10-15 minutes or until sauce thickens.

Nutrition Information

Nutrition information per serving: 288 Calories; 118 Calories from fat; 13.2 g Total Fat (4.2 g Saturated Fat; 6.5 g Monounsaturated Fat); 69.6 mg Cholesterol; 787.9 mg Sodium; 13.8 g Total Carbohydrate; 3.3 g Dietary Fiber; 25.3 g Protein; 4.5 mg Iron; 868.1 mg Potassium; 0.3 mg Riboflavin; 9.3 mg Niacin; 0.6 mg Vitamin B6; 2.2 mcg Vitamin B12; 5.8 mg Zinc; 20.1 mcg Selenium; 89.5 mg Choline.

This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Iron, Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.



Confetti Beef Taco Salad



20
MINUTES



MAKES 4
SERVINGS



7
INGREDIENTS

Ingredients

1 lb. **Ground Beef**,
(96% lean)

¾ cup **salsa**

½ cup low-fat
shredded **cheddar**
cheese

1 medium **tomato**,
chopped (about one
cup)

8 cups mixed **salad**
greens

½ cup diced **bell**
pepper

¼ cup thinly sliced
red onion

Optional Toppings

Sliced ripe olives

Prepared ranch or
French dressing

Preparation

- ① Heat a large nonstick skillet over MEDIUM heat until hot. Add Ground Beef and cook 8-10 minutes, breaking beef into small crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.
- ② Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, peppers and onion. Garnish with olives and dressing, as desired.

Nutrition Information

Nutrition information per serving: 221 Calories; 60.3 Calories from fat; 6.7 g Total Fat (3.2 g Saturated Fat; 2.5 g Monounsaturated Fat); 79 mg Cholesterol; 571 mg Sodium; 8.1 g Total Carbohydrate; 3 g Dietary Fiber; 30.9 g Protein; 3.9 mg Iron; 645 mg Potassium; 7.1 mg Niacin; 0.5 mg Vitamin B6; 2.5 mcg Vitamin B12; 6.5 mg Zinc; 20.9 mcg Selenium; 90.6 mg Choline.

This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Dietary Fiber, and Choline.

Mediterranean Beef and Salad Pita



25-30
MINUTES



MAKES 4
SERVINGS



7
INGREDIENTS

Ingredients

1 lb. **Ground Beef**,
(90% lean)

1 medium **red bell pepper**, chopped

4 cups **Romaine lettuce**, chopped

½ cup crumbled
herb-flavored feta cheese

½ cup prepared
regular or reduced
fat non-creamy
Italian dressing or
other **vinaigrette**

¼ cup **Kalamata**
or **ripe olives**,
chopped

4 **pita breads**,
toasted

Preparation

- ① Heat large nonstick skillet over **MEDIUM** heat until hot. Add Ground Beef and bell pepper; cook 8-10 minutes, breaking beef into small crumbles and stirring occasionally. Remove from heat. Pour off drippings.
- ② Add lettuce, cheese, dressing and olives to beef mixture; toss to combine. Top pitas with equal amounts of beef mixture.

Nutrition Information

Nutrition information per serving: 288 Calories; 118 Calories from fat; 13.2 g Total Fat (4.2 g Saturated Fat; 6.5 g Monounsaturated Fat); 69.6 mg Cholesterol; 787.9 mg Sodium; 13.8 g Total Carbohydrate; 3.3 g Dietary Fiber; 25.3g Protein; 4.5 mg Iron; 868.1 mg Potassium; 0.3 mg Riboflavin; 9.3 mg Niacin; 0.6 mg Vitamin B6; 2.2 mcg Vitamin B12; 5.8 mg Zinc; 20.1 mcg Selenium; 89.5 mg Choline.

This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Iron, Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.



Lone Star Beef & Veggie Burger

 **10**
MINUTES

 **MAKES 8**
SERVINGS

 **13**
INGREDIENTS

Ingredients

2 lbs. **Ground Beef**,
(90% lean)

1 medium **zucchini**,
grated

1 medium **carrot**,
grated

6 cloves **garlic**,
minced

½ cup **cilantro**,
chopped

¼ cup **plain**
bread crumbs

1 **egg**, beaten

2 Tbsp.
chili powder

2 tsp. **ground cumin**

2 tsp. **Kosher salt**

1 tsp. **freshly**
ground pepper

cooking spray

8 **whole-grain buns**

but thoroughly. Shape Ground Beef into 8 ¾-inch thick patties. Make a small indentation in the center of the burger with your thumb.

- ③ Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger.
- ④ Serve on buns, toast or hard rolls. Garnish as desired.

Nutrition Information

Nutrition information per serving: 215 Calories; 93 Calories from fat; 10.4 g Total Fat (3.9 g Saturated Fat; 4.2 g Monounsaturated Fat); 72.9 mg Cholesterol; 210.1 mg Sodium; 6.2 g Total Carbohydrate; 1.4 g Dietary Fiber; 23.5 g Protein; 3.1 mg Iron; 428.3 mg Potassium; 0.2 Riboflavin; 71 mg Niacin; 0.5 mg Vitamin B6; 2.1 mcg Vitamin B12; 5.5 mg Zinc; 19.4 mcg Selenium; 74.5 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Selenium, and Zinc. It is a good source of Riboflavin, Iron and Choline.

Preparation

- ① Preheat gas or charcoal grill to 400°F.
- ② Combine Ground Beef and other ingredients in a large bowl, mixing lightly

Basic Country Beef Breakfast Sausage



15-20
MINUTES



MAKES 4
SERVINGS



6
INGREDIENTS

Ingredients

1 lb. **Ground Beef**,
(90% lean)

2 tsp. chopped **fresh**
sage or ½ tsp. **rubbed**
sage

1 tsp. **garlic powder**

1 tsp. **onion powder**

½ tsp. **salt**

¼-½ tsp. **crushed red**
pepper

Preparation

- ① Combine Ground Beef and seasonings in large bowl, mixing lightly but thoroughly.
- ② To make patties, lightly shape beef sausage mixture into four ½-inch thick patties. Heat large nonstick skillet over MEDIUM heat until hot. Add patties; cook 10-12 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
- ③ To prepare crumbles, heat large nonstick skillet over MEDIUM heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally.

Nutrition Information

Nutrition information per serving: 135 Calories; 36 Calories from fat; 4g Total Fat (2 g Saturated Fat; 0 g Monounsaturated Fat); 65 mg Cholesterol; 351 mg Sodium; 1 g Total Carbohydrate; 0.1 g Dietary Fiber; 22 g Protein; 2.7 mg Iron; 5.2 mg Niacin; 0.3 mg Vitamin B6; 2.1 mcg Vitamin B12; 5.3 mg Zinc; 17.8 mcg Selenium; 80.8 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B12, Zinc, and Selenium. It is a good source of Iron, Vitamin B6, and Choline.



Try the Basic Country Beef Breakfast Sausage in the Beef & Egg Breakfast Mug recipe found at **BeefLovingTexans.com**



BeefLovingTexans.com