

# GROUND BEEF BASICS



Tips for buying, storing,  
and cooking Ground Beef.



# GROUND BEEF NUTRITION FACTS

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

|        |             |
|--------|-------------|
| 99% DV | Vitamin B12 |
| 52% DV | Zinc        |
| 48% DV | Protein     |
| 48% DV | Niacin      |
| 33% DV | Selenium    |
| 21% DV | Vitamin B6  |
| 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](https://fdc.nal.usda.gov). FDC ID: 171794

Ground Beef comes in a variety of options.

| GROUND BEEF PRODUCTS | CALORIES | TOTAL FAT |
|----------------------|----------|-----------|
| 95% Lean / 5% Fat    | 164 cal  | 8 g       |
| 90% Lean / 10% Fat   | 195 cal  | 10 g      |
| 85% Lean / 15% Fat   | 217 cal  | 13 g      |
| 80% Lean / 20% Fat   | 231 cal  | 15 g      |
| 75% Lean / 25% Fat   | 236 cal  | 15 g      |

\*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](https://fdc.nal.usda.gov).  
FDC ID: 174028, 171794, 174034, 171799, 174040.





Ground beef provides many essential nutrients, some greater than ground turkey.



**GROUND BEEF**  
(93% lean / 7% fat)



**GROUND TURKEY**  
(93% lean / 7% fat)

# GROUND BEEF vs. GROUND TURKEY

Compare the facts

| GROUND BEEF PATTY (3 oz.) |         | DAILY VALUE | COMPARISON ADVANTAGE |
|---------------------------|---------|-------------|----------------------|
| Calories                  | 177 cal | 9%          |                      |
| Total Fat                 | 8 g     | 10%         | ✓                    |
| Saturated Fat             | 3.5 g   | 18%         |                      |
| Cholesterol               | 75 mg   | 25%         | ✓                    |
| Protein                   | 25 g    | 49%         | ✓                    |
| Iron                      | 3 mg    | 15%         | ✓                    |
| Zinc                      | 5.9 mg  | 54%         | ✓                    |
| Vitamin B <sub>6</sub>    | 0.4 mg  | 21%         |                      |
| Vitamin B <sub>12</sub>   | 2.4 mg  | 99%         | ✓                    |

| GROUND TURKEY PATTY (3 oz.) |         | DAILY VALUE | COMPARISON ADVANTAGE |
|-----------------------------|---------|-------------|----------------------|
| Calories                    | 172 cal | 8%          | ✓                    |
| Total Fat                   | 9 g     | 12%         |                      |
| Saturated Fat               | 2.3 g   | 11%         | ✓                    |
| Cholesterol                 | 80 mg   | 27%         |                      |
| Protein                     | 23 g    | 47%         |                      |
| Iron                        | 1.2 mg  | 7%          |                      |
| Zinc                        | 2.6 mg  | 24%         |                      |
| Vitamin B <sub>6</sub>      | 0.5 mg  | 32%         | ✓                    |
| Vitamin B <sub>12</sub>     | 1.1 mg  | 47%         |                      |

U.S. Department of Agriculture, Agricultural Research Service.  
FoodData Central, 2019. [fdc.nal.usda.gov](https://fdc.nal.usda.gov). ESHA 93/7.  
Ground Beef FDC ID: 1098213, Ground Turkey FDC ID: 171506.



# DECODING THE LABEL

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. "% 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.

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

## USDA DEFINITIONS OF LEAN

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

## 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 FRIDGE OR MICROWAVE.

KEEP RAW MEAT 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

1.13 lbs.

Unit Price

\$x.xx / lb.

Total Price

\$x.xx

LEAN

Sell by date: \_\_\_\_\_



# 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

Ensure 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 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.

Love JA., Prusa KL. Nutrient composition and sensory attributes of cooked ground beef: Effects of fat content, cooking method, and water rinsing. *J Am Diet Assoc.* 1992; 92(11):1367-1371.



- 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.



# 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                                 |
| 1-1½-inch      | 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.







# CONFETTI BEEF TACO SALAD

 30  
MINUTES

 4  
SERVINGS

 7  
INGREDIENTS

## INGREDIENTS

- ❑ 1 lb. Ground Beef (96% lean)
- ❑ 2/3 cup salsa
- ❑ 1/2 cup low-fat Cheddar cheese, shredded
- ❑ 1 medium tomato, chopped (about 1 cup)
- ❑ 8 cups mixed salad greens
- ❑ 1/2 cup bell pepper, diced
- ❑ 1/4 cup red onion, thinly sliced

## OPTIONAL TOPPINGS

- ❑ Ripe olives, sliced
- ❑ Prepared ranch or French dressing

## PREPARATION

- ① Heat large nonstick skillet over MEDIUM heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.

***Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

- ② Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper, and onion. Garnish with olives and dressing, as desired.

**Nutrition information per serving:** 221 Calories; 60.3 Calories from fat; 6.7g 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 NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.5 mcg Vitamin B<sub>12</sub>; 6.5 mg Zinc; 20.9 mcg Selenium; 90.6 mg Choline.

**This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.**



# FARM FRESH MEAT SAUCE

 90  
MINUTES

 8  
SERVINGS

 17  
INGREDIENTS



## INGREDIENTS

- ❑ 2 lbs. Ground Beef, (90% lean)
- ❑ 2 Tbsp. olive oil
- ❑ ½ cup onion, chopped
- ❑ 1 carrot, grated
- ❑ 2 cloves garlic, minced
- ❑ 1 cup cremini mushrooms, 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 black pepper
- ❑ 1 tsp. Kosher salt

## PREPARATION

- ① Heat large nonstick skillet over MEDIUM heat until hot. Add Ground Beef and cook for 4-5 minutes. Add carrots and garlic. Cook for another 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, adjust salt and pepper, and simmer another 10-15 minutes or until sauce thickens.

**Nutrition information per serving-based on 90% lean Ground Beef:**  
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 (NE); 0.6 mg Vitamin B<sub>6</sub>; 2.2 mcg Vitamin B<sub>12</sub>; 5.8 mg Zinc; 20.1 mcg Selenium; 89.5 mg Choline.

**This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Iron, and Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.**





# LONE STAR BEEF AND VEGGIE BURGER

 10  
MINUTES

 8  
SERVINGS

 12  
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
- ❑ ¼ tsp. Kosher salt
- ❑ 1 tsp. freshly ground black pepper
- ❑ Cooking spray

## PREPARATION

- ① Preheat gas or charcoal grill to 400°F.

***Tip:** If you can hold your hand 4 inches above the heat source for 4 seconds before the heat requires you to remove your hand, the grill is about 400°F.*

- ② Combine Ground Beef and other ingredients in a large bowl, mixing lightly but thoroughly. Shape into 8 patties, ¾-inch thick. Make a small indentation in the center of the patties with your thumb.

- ③ Place patties on oiled grates over MEDIUM heat 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 patties.

***Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

- ④ Serve on buns, toast, or hard rolls garnished to your liking.

**Nutrition information per serving -based on 90% lean Ground Beef (bun excluded):** 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; 7.1 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.1 mcg Vitamin B<sub>12</sub>; 5.5 mg Zinc; 19.4 mcg Selenium; 74.5 mg Choline.

**This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Selenium, and Zinc. It is a good source of Riboflavin, Iron, Phosphorus, and Choline.**



# MEDITERRANEAN BEEF AND SALAD PITA

 30  
MINUTES

 4  
SERVINGS

 7  
INGREDIENTS

## INGREDIENTS

- ❑ 1 lb. Ground Beef (80% lean)
- ❑ 1 medium red bell pepper, chopped
- ❑ 4 cups romaine lettuce, chopped
- ❑ ½ cup herb-flavored feta cheese, crumbled
- ❑ 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 into ¾-inch crumbles and stirring occasionally. Remove from heat. Pour off drippings.

***Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

- ② Add lettuce, cheese, dressing, and olives to beef mixture; toss to combine. Top pitas with equal amounts of beef mixture.

**Nutrition information per serving-based on 80% lean Ground Beef:** 505 Calories; 216 Calories from fat; 24g Total Fat (8 g Saturated Fat; 8 g Monounsaturated Fat); 81 mg Cholesterol; 843 mg Sodium; 39 g Total Carbohydrate; 3.6 g Dietary Fiber; 31 g Protein; 4.7 mg Iron; 8.3 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 3.2 mg Zinc; 35.1 mcg Selenium.

**This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium. It is a good source of Dietary Fiber.**





# BASIC COUNTRY BEEF BREAKFAST SAUSAGE

 20  
MINUTES

 4  
SERVINGS

 6  
INGREDIENTS

## INGREDIENTS

- ❑ 1 lb. Ground Beef (93% lean or leaner)
- ❑ 2 tsp. fresh sage, chopped; or ½ tsp. rubbed sage
- ❑ 1 tsp. garlic powder
- ❑ 1 tsp. onion powder
- ❑ ½ tsp. salt
- ❑ ¼-½ tsp. red pepper, crushed

## PREPARATION

- ① Combine Ground Beef and seasonings in large bowl, mixing lightly but thoroughly.
- ② *Option 1:*  
**To prepare patties**, lightly shape sausage mixture into 4 patties, ½-inch thick. Add patties; cook 10-12 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the patties.

**Cooking Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

- ② *Option 2:*

**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.

**Cooking Tip:** 2-2½ cups of fully cooked sausage crumbles can be frozen for 3-4 months. To use, heat large nonstick skillet over MEDIUM heat until hot. Add frozen crumbles and cook 6-9 minutes or until crumbles reach 165°F, stirring occasionally.



Try the Basic Country Beef Breakfast Sausage in a Beef & Egg Breakfast Mug. Find recipe at: [BeefLovingTexans.com](http://BeefLovingTexans.com)

**Nutrition information per serving-based on 93% lean Ground Beef:** 181 Calories; 72.9 Calories from fat; 8.1g Total Fat (3.3 g Saturated Fat; 3.3 g Monounsaturated Fat); 84 mg Cholesterol; 364 mg Sodium; 1.2 g Total Carbohydrate; 0 g Dietary Fiber; 26 g Protein; 2.9 mg Iron; 389 mg Potassium; 0.2 mg Riboflavin; 6.2 mg Niacin (NE); 0.4 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 6.5 mg Zinc; 21.2 mcg Selenium; 94.8 mg Choline.

**This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, and Selenium. It is a good source of Iron, Riboflavin, Phosphorus, and Choline.**





# BEEF LOVING TE★ANS<sup>®</sup>

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*Confetti Beef Taco Salad*  
(see recipe inside)