



BEEF, GROUND, FROZEN

Date: October 2012 Code: 100159

PRODUCT DESCRIPTION

- Frozen finely ground beef is 100% beef with an average fat content of 15%.

PACK/YIELD

- Ground beef is packed in a 1 pound package, which is about 4 servings of cooked meat (about 3 ounces each).

STORAGE

- Keep ground beef frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ground beef in a tightly covered container that is not made from metal in the refrigerator. Use within 3 to 4 days.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- It is important to properly handle all ground beef to avoid spoilage or food poisoning.
- To thaw ground beef in the refrigerator, place wrapped ground beef on a plate or in a bowl on the lowest shelf to catch any drippings or juice. Thaw overnight or for at least 10 to 12 hours.
- To thaw ground beef in the microwave, place unwrapped ground beef on a microwave safe plate or bowl and use defrost or medium-low setting; microwave 2 minutes; let stand 2 minutes. Repeat as needed. Turn ground beef regularly as it thaws. Be sure ground beef is covered to reduce splattering.
- Cook immediately after thawing; ground beef should be cooked to an internal temperature of 160 degrees F. Only a food thermometer can show the right temperature. You cannot tell if food is cooked safely by how it looks; ground beef that is brown in the middle is not necessarily cooked completely.

- DO NOT thaw ground beef on countertops or at room temperature.

USES AND TIPS

- Ground beef can be used in patties or in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable and beef casseroles, and spaghetti sauce, or as a topping on pizza.

NUTRITION FACTS

Serving size: 3 ounces (85 g) cooked ground beef

Amount Per Serving

Calories 210 **Calories from Fat** 110

% Daily Value*

Total Fat 12g		18%
Saturated Fat 4.5g		23%
<i>Trans</i> Fat 1g		
Cholesterol 75mg		25%
Sodium 69mg		3%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 18g		
Vitamin A 0%	Vitamin C	0%
Calcium 2%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION

- 3 ounces of cooked beef counts as 3 ounce towards in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- 3 ounces of cooked ground beef provides 15% of the daily recommended amount of iron.

FOOD SAFETY INFORMATION

- Ground beef may contain bacteria that can cause illness if it is mishandled or cooked improperly. For your protection, keep refrigerated or frozen. Follow proper thawing directions listed under Preparation/Cooking and keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or throw away.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

ENCHILADA RICE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound frozen ground beef, thawed
- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium corn, drained
- 1 can (about 15 ounces) unsalted tomatoes, diced or whole (if using whole, chop tomatoes)
- 2 tablespoons taco seasoning mix, reduced sodium
- 2 cups rice, cooked
- ½ cup low-fat Cheddar or Monterey jack cheese, grated

Directions

1. Cook meat and onion until juices run clear.
2. Drain juice and fat from cooked meat and onions.
3. Add corn, tomatoes, taco seasoning, and rice.
4. Simmer for 10 minutes.
5. Add grated cheese to top; cover and let set for 5 minutes.

Nutritional Information for 1 serving (about 1 cup) of Enchilada Rice							
Calories	350	Cholesterol	70 mg	Sugar	5 g	Vitamin C	15 mg
Calories from Fat	90	Sodium	474 mg	Protein	26 g	Calcium	90 mg
Total Fat	9 g	Total Carbohydrate	35 g	Vitamin A	10 RAE	Iron	4 mg
Saturated Fat	3.5 g	Dietary Fiber	3 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

BEEF AND 'NOODLE CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- ½ pound egg noodles, uncooked
- Nonstick cooking spray
- 1 pound ground beef
- 1 can (about 15 ounces) low-sodium diced tomatoes, drained
- ¾ cup light sour cream
- 1 teaspoon dried basil (if you like)
- ¾ cup low-fat cheddar (or mozzarella cheese)

Directions

1. Preheat oven to 350 degrees F.
2. Cook noodles according to directions on package. Drain and set aside.
3. In a large skillet coated with nonstick cooking spray, cook ground beef on medium-high heat until the beef is browned. Drain.
4. Add tomatoes and sour cream. If using basil, add that too and stir well.
5. Cover on low heat for about 10 minutes.
6. Place noodles into casserole or baking dish; add beef and tomato mixture and mix well to coat.
7. Sprinkle with cheese.
8. Bake for 30 minutes or until cheese is melted.

Nutritional Information for 1 serving (about 1 cup) of Beef 'Noodle Casserole							
Calories	310	Cholesterol	85 mg	Sugar	2 g	Vitamin C	7 mg
Calories from Fat	130	Sodium	102 mg	Protein	24 g	Calcium	210 mg
Total Fat	14 g	Total Carbohydrate	22 g	Vitamin A	56 RAE	Iron	3 mg
Saturated Fat	7 g	Dietary Fiber	2 g				

Recipe adapted from Food.com