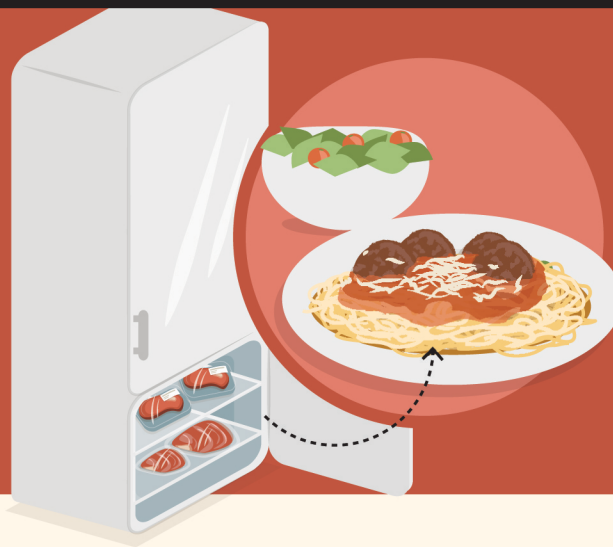


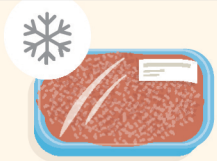
GROUND BEEF THAWING

RECIPE READY IN A FEW EASY STEPS



We've all been there – it's 5:30, the kids are starving, and all you've got in the freezer is a rock hard pound of frozen **Ground Beef**. Don't panic! Follow these simple steps and you'll have a quick and delicious beef meal on the table in no time!

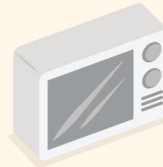
WHAT YOU NEED



Frozen Ground Beef



Microwave-safe storage bag (gallon size)



Microwave

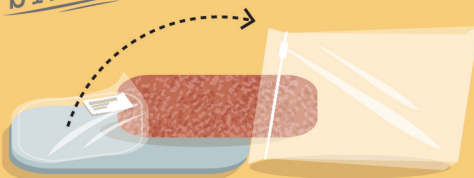
TIME: 

About 4 minutes
(depending on
your microwave)

DIFFICULTY: ● ● ● ● ●

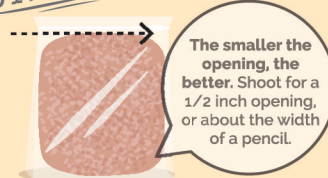
Super easy!

STEP 1



Remove your pound of frozen **Ground Beef** from packaging and place in a gallon size storage bag.

STEP 2



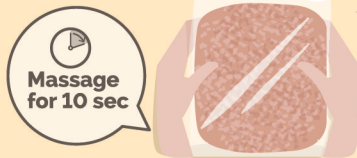
Seal the storage bag, leaving a small opening for steam to escape.

STEP 3



Heat the bag in the microwave (on a microwave-safe plate) for 1 minute on HIGH.

STEP 6



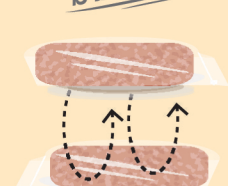
Remove beef from the microwave and massage the bag.

STEP 5



Heat on HIGH for 1 more minute then wait 1 minute.

STEP 4



Flip the bag over.

STEP 7



If needed, heat on HIGH for 30 seconds longer, followed by 30 seconds rest. The leaner your Ground Beef, the less time in the microwave.

STEP 8



Immediately cook your Ground Beef to 160° F.

ENJOY!



TIP

The Ground Beef should not be hot to the touch. You don't want to cook the meat, just thaw it enough to form it into your desired shape.

FOR MORE INFORMATION, COOKING TIPS AND RECIPES, PLEASE VISIT Beef.ItsWhatsForDinner.com

© 2014 Cattlemen's Beef Board and National Cattlemen's Beef Association



Funded by the Beef Checkoff.