

BEEF, FINELY GROUND FROZEN, 2 POUND

for use in the USDA Household
Commodity Food Distribution Programs

01/15/02

Product Description

- **Frozen finely ground beef** is 100% beef.
- It is meant to be used in recipes which require a smoother, finer texture when completed.
- The average fat content is 16 percent.

Yield

Each 2-pound package makes about eight 3-ounce cooked beef patties.

Storage

- Keep ground beef frozen at 0°F, or below, until ready to use.
- For **best quality**, use frozen ground beef by the “Best if Used By” date on the package.
- Once cooked, store leftover ground beef in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw wrapped ground beef in the refrigerator, on a platter to catch juices. Set on the lowest shelf away from other foods to prevent cross contamination.
- To thaw completely, thaw overnight in the refrigerator. Cook within 24 hours after thawing. For food safety reasons, **DO NOT** thaw the ground beef at room temperature.

(See recipes on reverse side)



U.S. Department of Agriculture

Cooking

Ground beef may be served as hamburger patties, cooked to an internal temperature of 160°F, as well as a main ingredient in a variety of mixed dishes, such as tacos, chili, spaghetti sauce, meat loaf, meatballs, or casseroles.

Uses and Tips

Finely ground beef can be used in virtually any recipe which calls for ground beef.

Nutrition Information

- ***Finely ground beef*** is a good source of protein, zinc, and iron, as well as other vitamins and minerals.
- 2 to 3 ounces of cooked beef provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid

Nutrition Facts			
Serving size 3 ounces (85g) cooked ground beef			
Amount Per Serving			
Calories	220	Fat Cal	125
% Daily Value*			
Total Fat	13.9g		21%
	Saturated Fat 4.8g		24%
Cholesterol	75mg		25%
Sodium	80mg		3%
Total Carbohydrate	0g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	22g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	14%
*Percent Daily Values are based on a 2,000 calorie diet.			

Piquant Meat Loaf

½ cup catsup
 1/3 cup tomato juice
 ½ teaspoon salt
 ½ teaspoon black pepper
 2 eggs (or equivalent egg mix), beaten
 ¾ cup fresh bread crumbs
 ¼ cup finely chopped onions
 2 teaspoons prepared mustard
 1½ pounds finely ground beef

Topping

¼ cup catsup
 ½ teaspoon prepared mustard
 2 teaspoons brown sugar

Recipe provided by "Great American Recipes"

1. In a large bowl, combine catsup, tomato juice, salt, pepper, eggs, bread crumbs, onions, and mustard.
2. Add ground beef and mix thoroughly.
3. Press beef mixture into a lightly oiled 9" x 5" loaf pan.
4. In a small bowl combine topping ingredients.
5. Spread over the top of the raw meat loaf mixture.
6. Bake at 400°F for 35-45 minutes, until internal temperature is at least 160°F.
7. Drain off fat and discard. Allow to stand for 5 minutes to allow meat loaf to firm up for slicing.
8. Slice into **six portions**.

Nutrition Information for each serving of Piquant Meat Loaf:

Calories	314	Cholesterol	137 mg	Sugar	5 g	Calcium	34 mg
Calories from Fat	159	Sodium	726 mg	Protein	23 g	Iron	2.6 mg
Total Fat	17.7 g	Total Carbohydrate	14 g	Vitamin A	73 RE		
Saturated Fat	6.7 g	Dietary Fiber	0 g	Vitamin C	6 mg		

Aloha Meatballs

1/3 cup saltine crackers, crushed
 1 tablespoon minced onion
 1/3 cup 1% milk
 1 egg (or equivalent egg mix), beaten
 ¼ teaspoon salt
 12 ounces (¾ lb.) finely ground beef

Sauce

1 8-ounce can pineapple chunks in juice water
 ½ cup ½"-square pieces green pepper
 1/8 teaspoon garlic powder
 1/8 teaspoon black pepper
 1½ teaspoons Worcestershire sauce
 1 tablespoon cornstarch
 1 tablespoon water

1. Soak crackers and onion in milk until all milk is absorbed.
2. Beat in egg and seasonings with a fork.
3. Thoroughly mix in ground beef.
4. Form mixture into 12 balls.
5. Brown raw meatballs in hot fry pan about 10 minutes, turning frequently.
6. Drain pineapple, saving juice - set chunks aside.
7. Add water to reserved pineapple juice to make ¾ cup.
8. Pour liquid over meatballs, bring to a boil, reduce heat, cover and simmer for 5 minutes.
9. Add reserved pineapple chunks and green pepper squares.
10. Mix seasonings, cornstarch and water. Stir into mixture. Cook until thickened, about 2 minutes.

Makes 4 servings of three meatballs plus 3/8 cup fruit and sauce per person.

Nutrition Information for each serving of Aloha Meatballs:

Calories	278	Cholesterol	103 mg	Sugar	1 g	Calcium	59 mg
Calories from fat	135	Sodium	293 mg	Protein	18 g	Iron	2.2 mg
Total Fat	15.0 g	Total Carbohydrate	16 g	Vitamin A	43 RE		
Saturated Fat	5.3 g	Dietary Fiber	1 g	Vitamin C	18 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.