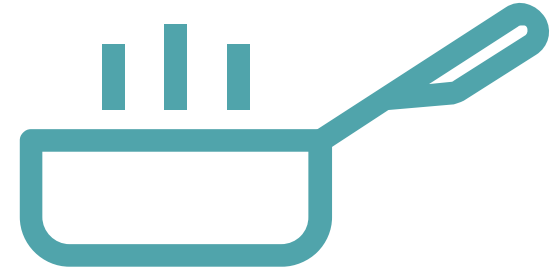


THERE'S MORE THAN ONE WAY TO BROWN GROUND BEEF



Cooking Methods	
Skillet	<ul style="list-style-type: none"> • Allow the meat to sit at room temperature for 15 – 30 minutes. • If you're cooking a large amount of ground beef, either cook it in batches or make sure you have a skillet that's large enough to accommodate it. In order to brown, rather than steam, the pan needs to be hot. Adding oil is optional but recommended for better browning. It helps prevent the ground beef from sticking and scorching in the pan. • Use a wooden spoon or sturdy spatula to break the meat up into large pieces in the pan. Let it brown for 4-5 minutes without moving it. The beef needs to maintain contact with the pan for a little while in order to brown. • Flip the meat over. As the beef begins to brown, continue to break the meat into smaller and smaller pieces. Sprinkle with salt and any spices if using. • Stir occasionally until all of the beef is browned. • Depending on your recipe, you may need to brown the meat only lightly, because it will continue to cook later. • The beef has finished when it is evenly browned and cooked to an internal temperature of 160°F. Color is not a reliable indicator of doneness. Never partially cook ground beef to store for later use. Harmful pathogens can survive if the beef is not completely cooked.
Oven	<ul style="list-style-type: none"> • Preheat the oven to 400°F. • Cover a large sheet pan with foil. • Using a wooden spoon or spatula, break the meat into equal-size one inch or smaller pieces. • Bake for 15 minutes. Stir and break up further. • Bake for another 10-15 minutes more or until meat is entirely browned. Cook to an internal temperature of 160°F. • Remove from oven. Stir and let stand one to two minutes.
Electric Pressure Cooker	<ul style="list-style-type: none"> • Cover bottom of the pot with 1 cup water for a 6-quart cooker and 1 1/2 cups of water for an 8-quart cooker. Set the trivet/rack in the pot. Place ground beef on top of it. • Set pressure to "high," and cook about 6 minutes for one pound and about 10 minutes for two pounds. If frozen, cook for 20 minutes. • Allow pressure to naturally release, then carefully open the lid and check the temperature of the meat. Cook to an internal temperature of 160°F. • Use a wooden spoon or heatproof spatula to break up the meat. • You could also use the sauté setting of the multicooker to cook and stir ground beef as you would in a skillet.
Slow Cooker	<ul style="list-style-type: none"> • Spray the pot with non-stick spray. • Add the meat to the pot. Break up the ground beef into pieces using a wooden spoon or spatula. • Add ½ cup of water per pound of ground beef. • Add salt and seasonings if desired. • Cook on high for 2-3 hours or low for 4-6 hours. Cook to an internal temperature of 160°F. •
Microwave	<ul style="list-style-type: none"> • Spray a microwave dish (with a lid) with cooking spray. • Crumble the ground beef into the dish and place the lid on top. • Cook in the microwave on high for 3 minutes. • Stir well and then cook in 1-2 minute intervals until cooked through, stirring between each session. Cook to an internal temperature of 160°F.

Compiled by Nutrition and Food Safety Educator, Vicki Hayman

