

3 SIMPLE STEPS FOR SKILLET COOKING BEEF

STEP 1 CHOOSE YOUR CUT

Ground Beef is one of the best choices for skillet cooking. Choosing 93% lean or leaner Ground Beef will keep it on the lean side.



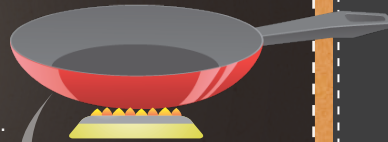
Ground Beef

STEP 2 PREPARE YOUR BEEF



Remove Ground Beef from refrigerator.

Heat large nonstick skillet over medium heat until hot.



STEP 3 COOK YOUR BEEF



Add Ground Beef.



Cook 8-10 minutes.

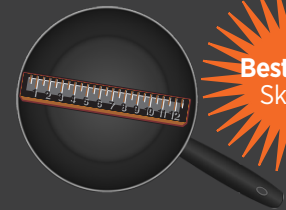


While cooking, break into $\frac{3}{4}$ -inch crumbles and stir occasionally. When finished, remove drippings.

Beef Coach's Tips:

TIP No 1

When selecting your skillet, look for a thick bottomed pan with a strong coating for the best and most even cooking.



Best Tool: Skillet

TIP No 2

One of the best sizes to use is a 12" pan. This size allows for the beef to be browned without crowding the pan.

TIP No 3

After cooking, it is important to let the pan cool completely before cleaning.

SIZZLIN' FACTS ABOUT GROUND BEEF

43% of Americans eat Ground Beef at home twice a week or more!

94% of Americans say they eat Ground Beef!

67% of Americans prepare a Ground Beef dish at least once a week!

¹IPSON Public Affairs, Ground Beef Cooking Methods, November 2010

BEEF

For simple meal ideas, **nutrition** and **cookery information** as well as other great cuts for broiling, visit BeefItsWhatsForDinner.com

Funded by the Beef Checkoff.

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