

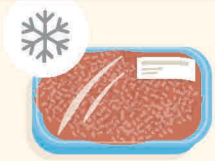
# GROUND BEEF THAWING

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!

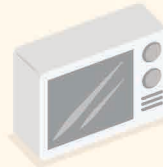
## WHAT YOU NEED



Frozen Ground Beef



Microwave-safe storage bag (gallon size)



Microwave

TIME:



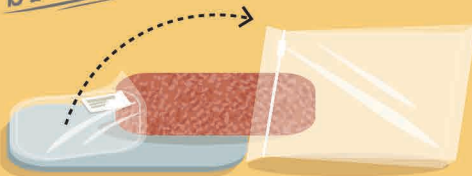
About 4 minutes  
(depending on  
your microwave)

DIFFICULTY:



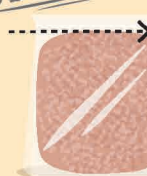
Super easy!

### STEP 1



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

### STEP 2



The smaller the opening, the better. Shoot for a 1/2 inch opening, or about the width of a pencil.

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

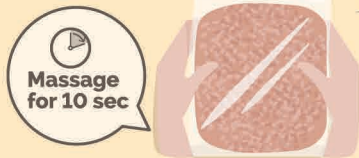
### STEP 3



Heat for 1 min  
On HIGH

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

### STEP 6



Massage for 10 sec

Remove beef from the microwave and massage the bag.

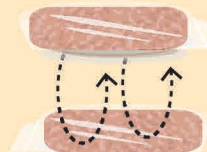
### STEP 5



Heat for 1 min  
On HIGH  
Rest 1 min

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

### STEP 4



Flip the bag over.

### STEP 7



Heat for 30 sec  
On HIGH  
Rest 30 sec

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



160° F medium doneness

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](http://Beef.ItsWhatsForDinner.com)

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