

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.

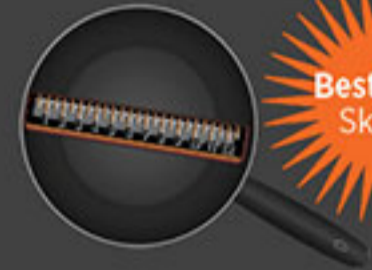


Ground Beef

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

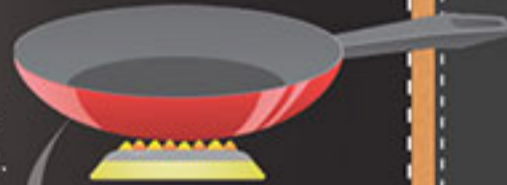
After cooking, it is important to let the pan cool completely before cleaning.

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 3/4-inch crumbles and stir occasionally. When finished, remove drippings.



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!

IPSOS Public Affairs, Ground Beef Cooking Methods, November 2010

BEEF

Funded by the Beef Checkoff.

For simple meal ideas, [nutrition](#) and [cooking information](#) as well as other [recipes](#) for Ground Beef, visit BeefItsWhatsForDinner.com

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