



## Freezing & Defrosting Tips

- For the freshest flavor, use ground beef or turkey that hasn't been previously frozen. Re-freezing meat compromises texture and flavor.
- Each recipe can be made individually using one pound of ground beef or turkey.
- Freeze foods in plastic bags specifically designed for the freezer. They're made of thicker plastic that's suitable for defrosting in the microwave.
- Cool foods completely before freezing them, and divide them into small batches to promote quick freezing. The faster foods freeze, the fresher they'll taste when served.
- To avoid freezer burn, press out as much air from the bag as possible. Then, press the mixture into a thin layer, filling the bag almost to the top. This makes defrosting quick and efficient.
- Don't store the beef mixture in the freezer door. Temperature fluctuation from opening the freezer leads to freezer burn and a reduced shelf life.
- The beef mixture can also be frozen in plastic freezer containers. Choose containers that accommodate the mixture to within ¼ inch of the top of the container to prevent freezer burn.
- Label and date the bags or containers before adding the beef mixture. The beef mixture can be frozen for up to three months for optimal flavor.
- There are two ways to defrost the beef mixture:
  - > Easiest! Place the bag in the refrigerator the night before.
  - > If defrosting the same day you're preparing the meal, microwave the bag on DEFROST (30% power) until the mixture is soft enough to remove from the bag.

### **Do not defrost at room temperature!**

- To speed up recipe preparation, pour the defrosted beef mixture into a saucepan or skillet and bring it to a simmer. Meanwhile, prepare the ingredients necessary for finishing the recipe. Everything will be ready to serve at the same time.