

COOK IT RIGHT!

Minimal Safe Internal Temperatures for Beef

measured using a food thermometer

Ground Beef 160°F

Roasts 145°F

Steaks *

- Medium Rare 145°F
- Medium 160°F
- Well done 170°F

*three-minute “rest time” after removal from the heat source

**Cook foods right! Keep them out of the
temperature danger zone: 40°F to 140°F.**



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION