

## Food Safety

### Chow Down On a Safe and Delicious Hamburger

*Ground beef can contain harmful bacteria if not cooked properly. No matter how you top it ...before you take a bite, be sure:*

- **It's brown in the center.**
- **Juices are clear** – not pink, red or cloudy.
- **Texture is firm** – not soft, mushy or flaky.

Whether you eat ground meat in a hamburger or in other dishes such as meat loaf or a casserole, follow the ground beef food safety rules.



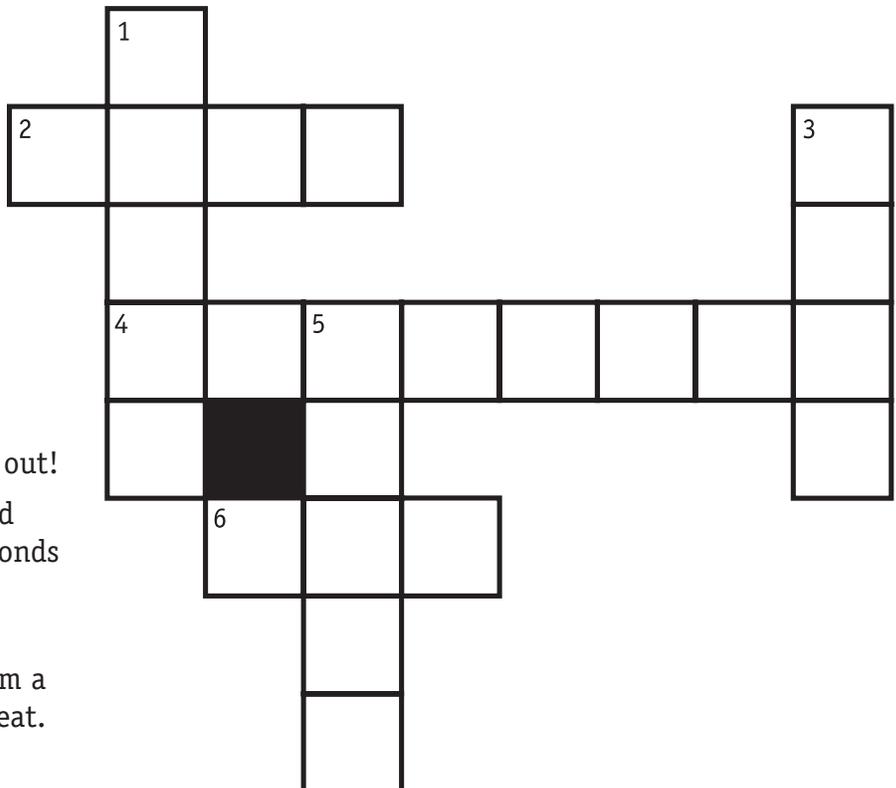
### Keep it Safe! Food Safety Crossword Puzzle

#### Across

- Cold foods should be kept \_\_\_\_\_.
- What causes food poisoning?  
\_\_\_\_\_.
- Hot foods should be kept \_\_\_\_\_.

#### Down

- When in \_\_\_\_\_, throw it out!
- Wash your hands with hot water and \_\_\_\_\_ for at least 20 seconds before and after handling food.
- \_\_\_\_\_ contamination occurs when bacteria are spread from a raw food to a food that is ready to eat.



# Macaroni and Beef Ole'

Preparation time, 5 minutes; cooking time, 15 minutes

- 1 lb. ground beef
- 3 cups beef broth made from beef bouillon  
or add 3 cups of water
- 1/2 lb. macaroni pasta
- 1 1/4 cups condensed cheddar cheese soup
- 1/2 cup salsa
- 1/2 cup parsley, chopped (if you like)



Heat a heavy, nonstick skillet over medium-high heat. Sauté meat 3-4 minutes, stirring to break up meat, until browned. Spoon off excess fat. Stir in beef broth or water. Stir in pasta and reduce heat to medium. Cook 8-10 minutes, stirring often, until macaroni is almost tender. Stir in cheese soup and salsa. Cook until heated through. Stir in parsley before serving.

*Nutrition analysis per serving: calories 557, fat 22.5 g, 37% calories from fat, cholesterol 100 mg, protein 36.9 g, carbohydrates 50.4 g, fiber 2.8 g, sodium 1,289 mg.*

## Crossword Puzzle Answers

### Across

2. Cold; 4. Bacteria; 6. Hot

### Down

1. Doubt; 3. Soap; 5. Cross

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