

Buying Ground Beef

Knowing the difference in ground beef, good for recipes.

Ground beef is popular and usually costs less than many other common meats. It takes a smart shopper and an informed consumer, however, to choose the best buys.

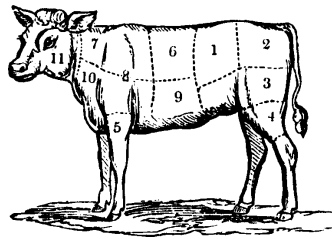
The price of ground beef is usually affected by the fat content. Consider taste and shrinkage when selecting ground beef.

There is a difference between hamburger and ground beef.

Products labeled “hamburger” or “ground beef” may contain up to 30 percent fat. But hamburger may have seasoning or fat added from other cuts; ground beef cannot contain either. Because these meats are highest in fat among ground beef products, use them for hamburgers, spaghetti sauce, chili and Sloppy Joes.

People often choose “ground sirloin” for special recipes and deluxe hamburgers.

Many find ground chuck very similar to the more expensive ground sirloin.



The ground chuck label means...

Meat labeled “ground chuck” comes from the primal chuck cut of the beef. It is usually leaner than hamburger or ground beef. Ground chuck will shrink less in cooking, but it has enough fat for good flavor and juiciness. It’s good for Salisbury steak or beef burgers.

The ground round label...

“Ground round” is the leanest type of ground beef. It’s more expensive but is good for low-calorie diets and special combination dinner dishes.

People often choose “ground sirloin” for special recipes and deluxe hamburgers. Many find ground chuck very similar to the more expensive ground sirloin. Before you spend extra money for sirloin, try ground chuck and see if it suits your needs.

For more information on buying ground beef contact your local county Extension office.