

Mission In Motion

Health & Wellness
Tip of the Week
Week 41



October 07, 2013

Do you have a beef with fat? You can cut ground beef fat in half by following these steps:

- Crumble the beef in a bowl and microwave it on high for a couple of minutes
- Use a fork to break up the meat some more, then pour off the grease
- Microwave it again until the meat looks cooked
- Place the cooked meat in a strainer and press out more fat; or place it on paper towels and blot it
- Remove even more fat, place the cooked ground beef in a strainer and rinse it with hot (not boiling) water, then drain it completely

Source: University of California, Berkeley Wellness Letter

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