

Beef

Entrée	Time	Notes	Shopping List

Beef – Notes & Recipes

Grill: grill temp should be between 350 ° - 450 °; coat meat with Canola oil before grilling

Bake: 350 °, uncovered, 30-45 minutes

Sauté: Med-High Heat, 1-2T Canola or Olive Oil in the pan

Broil: 5-7 minutes per side

Cooking Guide: internal meat temperature

Rare: 105 ° - 100 °

Med Rare: 125 ° - 130 °

Medium: 140 ° - 145 °

Well: Above 150 °

