



Tips for Food Safety

We work hard to keep ourselves, our family, and our communities healthy. Keep these food safety tips in mind to help.

Wash hands often

- with soap and water for at least 20 seconds
- as soon as you get home
- after putting groceries away
- before and after preparing food
- before eating or serving others

Clean food preparation surfaces

- wash with warm water and soap to remove germs, dirt, and food debris
- rinse away debris and soapy water with warm water
- disinfect these now clean surfaces with a dilute bleach solution or household cleaner, use as directed, by spraying or wiping on surface and letting air dry. *Bleach disinfectant for kitchens 1 teaspoon bleach per quart (4 cups) of water*

Store foods properly

- keep your refrigerator at 40°F or below and your freezer at 0°F or below
- refrigerate leftovers within 2 hours of preparing
- store raw meat on the lower shelf of your refrigerator (in a pan or on a plate to prevent it from dripping) and keep fruits and vegetables separate

Keep fruits and vegetables a part of your diet

- with fresh, frozen, or canned all being healthy options
- focus on adding fruits and vegetables to all meals
- wash fresh fruits and vegetables under running water before eating, cutting, or cooking. Do not use soap
- use a separate cutting board, or wash the board between uses, when also preparing raw meats

Cook, or reheat, foods to a safe internal temperature

- 145°F for whole cuts of beef, pork, veal, and lamb
- 160°F for ground meats, such as beef and pork
- 165°F for poultry, including ground chicken and turkey
- 165°F for leftovers and casseroles
- 145°F for fresh ham (raw) and seafood

Layered Black Bean Dip from thefamilydinnerproject.org



Ingredients

- 1 (15 oz.) can black beans, drained and rinsed
- 1/4 tsp. onion powder
- 1/4 tsp. dried oregano
- 1/8 tsp. garlic powder
- 1/8 tsp. cayenne pepper
- 1/2 cup salsa (thick and chunky)
- 1/2 cup sour cream (light)
- 1/4 cup green onion, chopped
- 2 oz. reduced-fat cheddar cheese, grated

Directions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.



For more information and more tips on food safety, visit the UW-Madison Division of Extension Safe & Healthy Food for Your Family webpage at fyi.extension.wisc.edu/safefood/.



Black Bean Soup



Ingredients

Serves 4

- 1 Tbsp. canola oil
- 1 small onion, chopped
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 2 15-oz. cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 tsp. salt
- 1 Tbsp. lime juice
- Plain yogurt or sour cream, as a garnish

Directions

1. Heat the oil and sauté the onion until translucent.
 2. Add chili powder and cumin and cook for another 2 minutes.
 3. Add beans water, salsa and salt and simmer for about 10 minutes.
 4. Puree everything in a food processor
- Serve warm with yogurt or sour cream.

Turkey Chili

Ingredients

Serves 4-6

- 1 lb. ground turkey
- 1 (15 oz.) can kidney beans
- 1 (15 oz.) can baked beans
- 20 oz. whole, no-salt tomatoes
- 15 oz. marinara sauce
- 2 Tbsp. chili spice
- 3/4 cup water
- Salt and pepper, to taste

Directions

1. Start by sautéing the meat in a pan.
2. Drain pan if needed.
3. Add 2 Tbsp. chili spice and 3/4 cup water and simmer for 5-10 minutes.
4. While meat is simmering, mix all other ingredients in a large saucepan. It's easiest to crush the whole tomatoes with your hand as you add them to the pot.
5. Add sautéed meat and salt, pepper or other spices to taste. Simmer over medium heat for 15-20 minutes.



Half-Veggie Burgers

Ingredients

Serves 8

- 3 cups cooked lentils or beans
- 1 cup finely chopped bell pepper or other vegetable
- 1 pound ground beef
- 1 egg (optional)
- Salt and pepper, to taste
- 8 buns



Directions

1. Roughly mash the lentils or beans with the back of a large spoon.
2. Mix the lentils, bell pepper, and ground beef with your hands in a large bowl. If you're grilling, add an egg to keep the patties from crumbling. Season with salt and pepper and form into 8 patties.
3. Place a large skillet over medium-high heat (or fire up the grill, if you have one), and add the patties. Sear them until they're dark brown on one side, about 5 minutes, then flip them and do the same on the other side. If you want cheeseburgers, lay cheese on the patties after flipping them once.

Serve on toasted buns with your favorite condiments and fresh vegetables. Burgers are a great place to be adventurous!