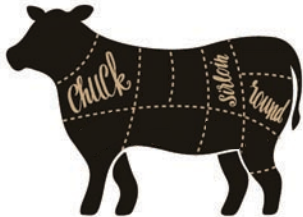


Ground Beef Buyer's Guide



Highest Fat: 70/30

Lowest Fat: 96/4

Higher fat better for:

- Meatloaf
- Meatballs
- Hamburgers

Middle fat better for:

- Meatballs
- Soups
- Large crumbles

Lower fat better for:

- Casseroles
- No draining
- Tacos
- Fine crumbles



more details at
myfearlesskitchen.com