

Ground Red Meat

Unit: 4 Qt with Steamer Insert

Pour 2” of water into the 4qt saucepan and put the steamer insert into it. Turn on medium-high heat and put the ground beef into the steamer with lid on. Cook until done. If the whistle activates continually, crack the lid open partially.

Pour the water out of the 4qt before seasoning the meat in the steamer insert. The steam will dissolve the seasoning.



HEALTH QUEST