



United States Department of Agriculture
Food Safety and Inspection Service

Fiesta Burgers

Ingredients

Makes 4 servings.

- 1 ½ pounds ground beef
- ¼ cup onion, chopped
- 2 tablespoons red bell pepper, finely chopped
- 3 tablespoons picante sauce or salsa
- 2 teaspoons prepared Dijon-style mustard
- 1 tablespoon prepared horseradish (optional)
- salt and pepper to taste
- 4 sesame seed hamburger buns
- leaf lettuce and sliced tomatoes
- condiments and garnishes of choice



Preparation Directions

1. Wash hands with soap and warm water for 20 seconds before handling the meat.
2. In a bowl, mix ground beef with onion, red pepper, picante sauce or salsa, mustard, horseradish if desired, salt and pepper.
3. Form into four burgers, about ¾ inch thick.
4. Wash hands with soap and warm water for 20 seconds after handling the meat.
5. Using utensils, place burgers on grill that has reached medium high heat.
6. Check each burger with a food thermometer after approximately 10–15 minutes. A hamburger is done when it reaches 160 °F. Clean the thermometer between uses with hot soapy water.
7. Place burgers on buns and top with condiments and garnishes of choice.
8. Remember to clean the food thermometer with hot soapy water after checking the final temperature.



“Is it **done** yet?”

You can't tell by looking.
Use a **food thermometer** to be sure.



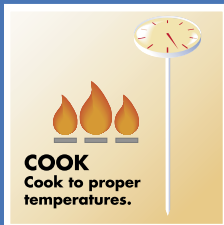
To keep your food safe at home, remember to:



CLEAN
Wash hands and surfaces often.



SEPARATE
Don't cross-contaminate.



COOK
Cook to proper temperatures.



CHILL
Refrigerate promptly.

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072

www.IsItDoneYet.gov

USDA does not endorse any products, services or organizations. USDA is an equal opportunity provider and employer.

August 2004



Thermometers Aren't Just for Turkey Anymore

These days, food thermometers aren't just for your holiday roasts – they're for all cuts and sizes of meat and poultry, including hamburgers, chicken breasts, and pork chops. Using a food thermometer when cooking meat, poultry, and even egg dishes is the only reliable way to make sure you are preparing a safe and delicious meal for your family.

The Centers for Disease Control and Prevention estimate that harmful bacteria in food cause 5,000 deaths, 325,000 hospitalizations, and 76 million illnesses **each year**.



Why Use a Food Thermometer?

Everyone is at risk for foodborne illness. Young children under 10 are especially vulnerable. One effective way to prevent illness is to use a food thermometer to check the internal temperature of meat, poultry, and egg dishes. Using a food thermometer not only keeps your family safe from harmful food bacteria, but it also helps you to avoid overcooking, giving you a safe and flavorful meal that is done on time.

Seeing Isn't Believing

Many people assume that if a hamburger is brown in the middle, it is done. However, looking at the color and texture of food is not enough – you have to use a food thermometer to be sure! According to USDA research, **one out of every four** hamburgers turns brown before it reaches a safe internal temperature. The only safe way to know if meat, poultry, and egg dishes are “done” is to use a food thermometer. When a hamburger is cooked to 160 °F, it is both safe and delicious!

How To Use a Food Thermometer

The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Begin checking the temperature toward the end of cooking, but before the food is expected to be “done.” Compare your thermometer reading to the USDA Recommended Temperatures to determine if your food is done. Because there are so many types of food thermometers, it is important to follow the instructions for your food thermometer. Make sure to clean your food thermometer with hot soapy water before and after each use!

USDA Recommended Internal Temperatures



Steaks & Roasts
145 °F



Pork
160 °F



Ground Beef
160 °F



Chicken Breasts
170 °F



Whole Chicken
180 °F

