



NUTRITION WEEKLY

— S E L F - C A R E I N A N E M A I L —

Can you refreeze meat?

Google gets asked this question over 12,000 times monthly in the US alone. And the answer is **yes, but...**

Yes, you can freeze meat that's been previously frozen...

But, under these conditions:

- The meat you thawed was raw
- The meat is fully cooked before freezing it again

For example, you can use thawed raw beef to make taco meat and refreeze it once it's been fully cooked.

Alternatively, you shouldn't refreeze raw meat. While there are some exceptions to this rule, to ensure optimal food safety and quality, don't refreeze raw meat. With that said...

Here are three time and space-saving tips for freezing meat:

1. Cook your meat before freezing it

Keeping pre-cooked protein on hand is one of my top healthy eating hacks. It's extremely versatile and will stay fresh and delicious in the freezer for up to 3 months. If you buy meat in bulk, cook it before you pop it in the freezer. For example, if you buy bulk ground beef or chicken breasts from Costco, cook them all up before freezing. It takes the same amount of effort to cook, bake, or barbecue 10 chicken breasts as it does two. You'll save yourself hours of time precooking your meat versus storing it raw, thawing it, and cooking it later.

2. Flat-pack your cooked ground meat in freezer bags

If you have limited freezer space or want a faster way to thaw your cooked ground meat, flat-packing is the way to go. Start by cooling your cooked meat completely and placing it in a resealable freezer bag. Seal it halfway and start flattening the meat until it's one even layer. Press out the remaining air, seal it, and lay it flat on an even surface in the freezer. Once it's frozen solid, you can stack it on its back or side. Flat-packed frozen meat will thaw faster than meat stored in a container, plus you can break off chunks when you want to thaw smaller portions.

3. Flash freeze in individual portions

Flash freezing is when you place something uncovered in the freezer for a short period of time to freeze. This helps prevent the build-up of ice crystals on the item's surface and keeps it from sticking to other frozen items after being transferred to a storage container or freezer bag. This is extremely helpful when you precook meatballs, chicken, bacon, pork chops, sausage or any other meat you'll serve in individual portions.

TASTY HEALTHY RECIPE OF THE WEEK

Freezer taco meat makes getting a delicious dinner on the table fast and easy! This healthy meal prep recipe comes together quickly and thaws perfectly every time.



HOW TO MAKE & FREEZE HEALTHY TACO MEAT

HEALTHY QUOTE OF THE WEEK

"Make your refrigerator or freezer like a treasure chest."
– Lidia Bastianich

That's it for today, friend. I hope you have a wonderful week!

Until next time,

ash xo