What is Mechanically Tenderized Beef (MTB)?
To increase tenderness, some beef goes through a mechanical tenderization process.

The meat is pierced with needles to break up muscle fibers.

THE RISK

Any pathogens on the outside of the steak may be transferred to the inside during tenderization.

MTB accounts for about 6.2 BILLION servings of steaks and roasts each year.

About 1 in 6 Americans get foodborne illness every year by eating contaminated food, like undercooked meat.

STEAKS & ROASTS COOK EM SAFELY!

145°F minimum internal temperature as measured by a food thermometer + 3 min rest time off heat source before consuming