



## Defrosting Timeline

Type Of Beef	Refrigerator (35°f To 40°f)
Large Roast	4-7 Hours (Per Pound)
Small Roast	3-5 Hours (Per Pound)
1-inch Steak	12-14 Hours (Total)
Ground Beef	24 Hours For 1 To 1 1/2 Inch Thick Patties 12 Hours For 1/2 To 3/4 Inch Thick Patties



LIVE WELL, EAT WELL