

# Cooking Temperatures

## MEAT INTERNAL TEMPS

145° F - Beef, bison, veal, goat, and lamb steak, roasts, chops

160° F - Ground Beef, bison, veal, goat, lamb

165° F - Meat and Meatless casseroles

165° F - Poultry (chicken, turkey)

145° F - Pork steak, roasts, chops

160° F - Ground pork

145° F - Seafood

[Temps taken from FoodSafety.gov](http://FoodSafety.gov)

# Vegetable Roasting Times

ROAST AT 425°F

Toss vegetables with oil or melted ghee

- Root Vegetables like carrots, parsnips, potatoes 30-45 minutes
- Squash - butternut, spaghetti, acorn 20-60 minutes
- Onions 30-45 minutes
- Cruciferous vegetables 15-25 minutes
- Soft vegetables 10-20 minutes
- Thinly sliced 10-20 minutes
- Tomatoes 15 minutes