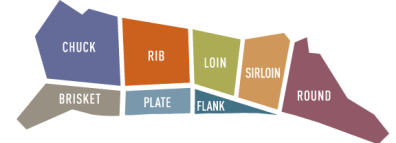


Beef Cuts

AND RECOMMENDED COOKING METHODS



CHUCK		RIB	LOIN	SIRLOIN	ROUND	OTHER
Blade Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak LEAN 	Top Round Steak* LEAN 	Kabobs*
Blade Chuck Steak* 	Shoulder Roast LEAN 	Ribeye Steak, Bone-In 	T-Bone Steak LEAN 	Sirloin Steak 	Bottom Round Roast LEAN 	Strips
7-Bone Chuck Roast 	Shoulder Steak* LEAN 	Back Ribs 	Strip Steak, Bone-In LEAN 	Top Sirloin Petite Roast LEAN 	Bottom Round Steak* LEAN 	Cubed Steak
Chuck Center Roast 	Ranch Steak LEAN 	Ribeye Roast, Boneless 	Strip Steak, Boneless LEAN 	Top Sirloin Filet LEAN 	Bottom Round Rump Roast LEAN 	Stew Meat
Chuck Center Steak* 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast LEAN 	Coulotte Roast 	Eye of Round Roast LEAN 	Shank Cross Cut LEAN
Denver Steak 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet LEAN 	Tri-Tip Roast LEAN 	Eye of Round Steak* LEAN 	Ground Beef and Ground Beef Patties
Chuck Eye Roast LEAN 	Petite Tender Roast LEAN 	Ribeye Petite Roast LEAN 	Tenderloin Roast LEAN 	Tri-Tip Steak LEAN 		
Chuck Eye Steak 	Petite Tender Medallions LEAN 	Ribeye Filet LEAN 	Tenderloin Filet LEAN 	Petite Sirloin Steak 	Brisket Flat LEAN 	Skirt Steak*
Country-Style Ribs 	Short Ribs, Bone-In 			Sirloin Bavette* 	Brisket Point 	Flank Steak* LEAN
						Short Ribs, Bone-In*

KEY TO RECOMMENDED COOKING METHODS

- GRILL OR BROIL
- SLOW COOKING
- STIR-FRY
- ROAST
- SKILLET
- SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR BEST RESULTS

BEEF
IT'S WHAT'S FOR DINNER.
Funded by the Beef Checkoff.

LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3 1/2-oz serving. Based on cooked servings, visible fat trimmed.