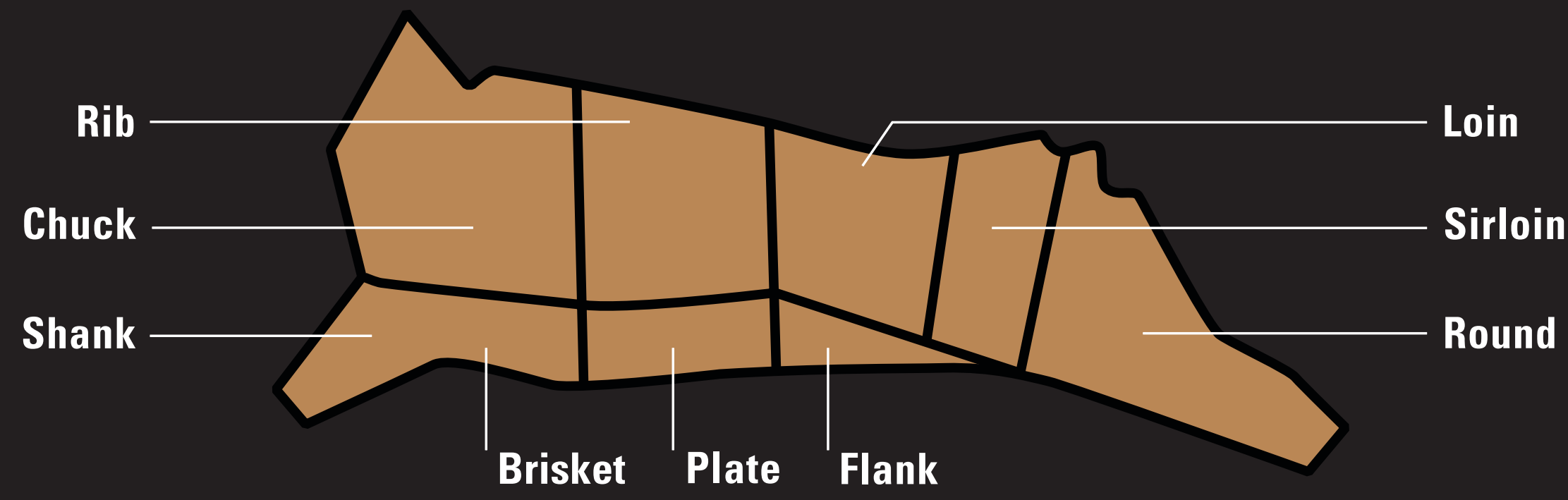


Beef Made Easy[®]

Retail Beef Cuts and Recommended Cooking Methods



IT'S WHAT'S FOR DINNER.[®]



FUNDED BY THE BEEF CHECKOFF

Chuck

 CHUCK 7-BONE POT ROAST 	 CHUCK POT ROAST Boneless 	 CHUCK STEAK Boneless  	 CHUCK EYE STEAK Boneless  	 SHOULDER TOP BLADE STEAK  	 SHOULDER TOP BLADE STEAK Flat Iron  
 SHOULDER POT ROAST * Boneless 	 SHOULDER STEAK * Boneless  	 SHOULDER CENTER * Ranch Steak 	 SHOULDER PETITE TENDER *  	 SHOULDER PETITE TENDER MEDALLIONS * 	 BONELESS SHORT RIBS 

Rib

 RIB ROAST 	 RIB STEAK 	 RIBEYE ROAST Boneless 	 RIBEYE STEAK Boneless  	 BACK RIBS 
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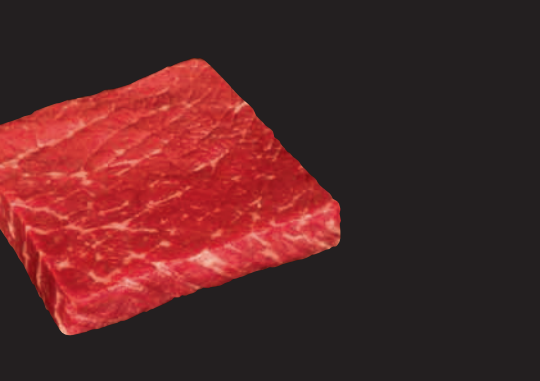


















Loin

 PORTERHOUSE STEAK  	 T-BONE STEAK *  	 TOP LOIN STEAK * Bone-in  	 TOP LOIN STEAK * Boneless  	 TENDERLOIN ROAST * 	 TENDERLOIN STEAK *  
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Sirloin

 TRI-TIP ROAST *  	 TRI-TIP STEAK * 	 TOP SIRLOIN STEAK * Boneless 
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Round

 TOP ROUND STEAK * 	 BOTTOM ROUND ROAST * 	 BOTTOM ROUND STEAK * Western Griller  	 EYE ROUND ROAST * 	 EYE ROUND STEAK *  
 ROUND TIP ROAST * 	 ROUND TIP STEAK * 	 SIRLOIN TIP CENTER ROAST * 	 SIRLOIN TIP CENTER STEAK *  	 SIRLOIN TIP SIDE STEAK * 

Shank and Brisket





 SHANK CROSS CUT * 	 BRISKET FLAT CUT * 
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Plate and Flank

 SKIRT STEAK 	 FLANK STEAK * 
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Other

 GROUND BEEF   	 CUBED STEAK 	 BEEF FOR STEW 	 BEEF FOR KABOBS 	 BEEF FOR STIR-FRY OR FAJITAS 
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Key to Recommended Cooking Methods

-  Skillet
-  Grill or Broil
-  Marinate & Grill or Broil
-  Stir-Fry
-  Roast
-  Stew
-  Braise
-  Pot Roast

*These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed.

Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 oz).