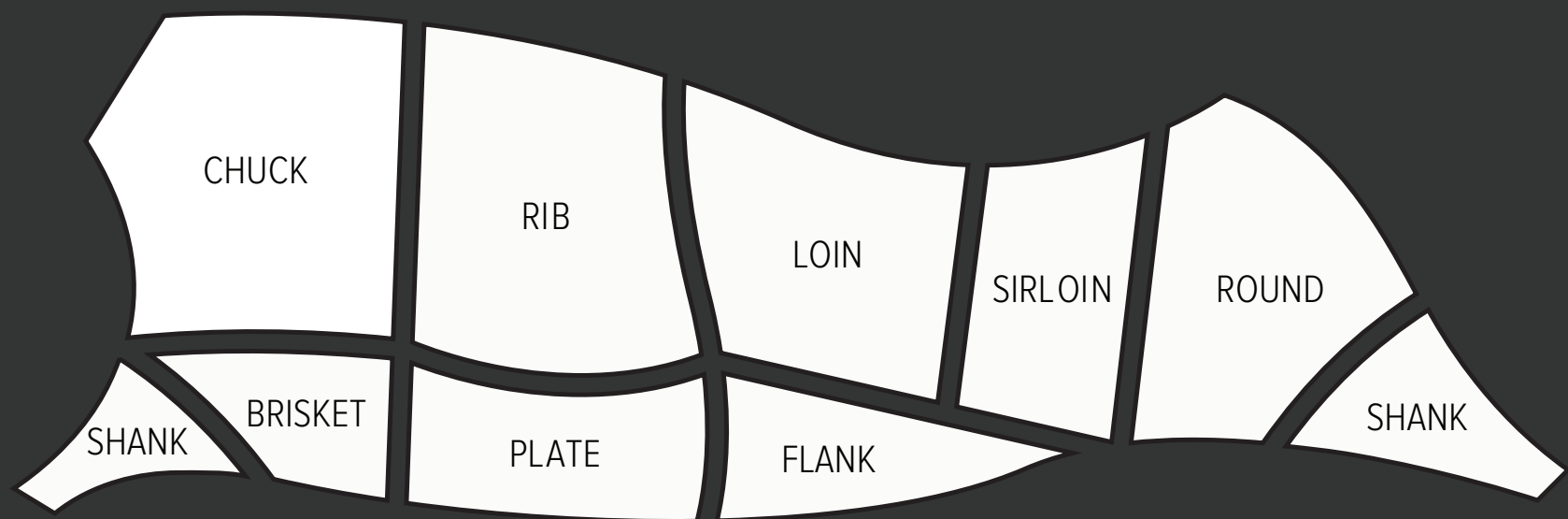


BEEF
IT'S WHAT'S FOR DINNER.®



BEEF CUTS
AND RECOMMENDED COOKING METHODS

CHUCK		RIB	LOIN	SIRLOIN	ROUND	INGREDIENT CUTS	
Arm Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak LEAN 	Top Round Roast* LEAN 	Kabobs* 	
Arm Chuck Steak 	Shoulder Roast LEAN 	Ribeye Steak, Bone-In 	T-Bone Steak 	Top Sirloin Petite Roast LEAN 	Top Round Steak* LEAN 	Stew Meat 	
Blade Chuck Roast 	Shoulder Steak* LEAN 	Back Ribs 	Strip Steak, Bone-In LEAN 	Top Sirloin Filet LEAN 	Bottom Round Roast LEAN 	Strips 	
Blade Chuck Steak* 	Ranch Steak LEAN 	Ribeye Roast, Boneless 	Strip Steak, Boneless LEAN 	Coulotte Roast 	Bottom Round Steak* LEAN 	Cubed Steak 	
7-Bone Chuck Roast 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast LEAN 	Coulotte Steak LEAN 	Bottom Round Rump Roast LEAN 	Ground Beef and Ground Beef Patties 	
Chuck Center Roast 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet LEAN 	Tri-Tip Roast LEAN 	Eye of Round Roast LEAN 	Shank Cross-Cut LEAN 	
Denver Steak 	Shoulder Petite Tender LEAN 	Ribeye Petite Roast LEAN 	Tenderloin Roast LEAN 	Tri-Tip Steak LEAN 	Eye of Round Steak* LEAN 		
Chuck Eye Roast LEAN 	Shoulder Petite Tender Medallions LEAN 	Ribeye Filet LEAN 	Tenderloin Steak (Filet Mignon) LEAN 	Petite Sirloin Steak 	Brisket Flat LEAN 	Skirt Steak* 	
Chuck Eye Steak 	Short Ribs, Bone-In 	KEY TO RECOMMENDED COOKING METHODS ★ MARINATE BEFORE COOKING FOR BEST RESULTS		Sirloin Bavette Steak 	Brisket Point 	Flank Steak* LEAN 	
Country-Style Ribs 	Country-Style Ribs 					Short Ribs, Bone-In* 	
A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).		Find recipes for these cuts at CHUCK KNOWSBEEF.COM					
		BEEF Funded by Beef Farmers and Ranchers © 2019 Federation of State Beef Councils 051719-10					