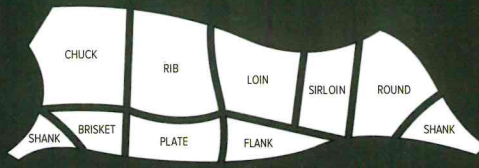


**BEEF**  
IT'S WHAT'S FOR DINNER.®



# BEEF CUTS

## AND RECOMMENDED COOKING METHODS

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

**PLATE & FLANK**



Funded by Beef Farmers and Ranchers

For more beef cuts information, visit [BeefitsWhatsForDinner.com](http://BeefitsWhatsForDinner.com)

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**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.

**KEY TO RECOMMENDED COOKING METHODS**

|                |                   |          |                   |                  |       |                 |
|----------------|-------------------|----------|-------------------|------------------|-------|-----------------|
| GRILL OR BROIL | PAN-BROIL SKILLET | STIR-FRY | INDIRECT GRILLING | BRAISE/POT ROAST | ROAST | SKILLET-TO-OVEN |
|                |                   |          |                   |                  |       |                 |