

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 Fillet 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 Fillet 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 Fillet LEAN	Tenderloin Fillet LEAN	Petite Sirloin Steak	BRISKET	PLATE & FLANK
Country-Style Ribs	Short Ribs, Bone-In			Sirloin Bavette *	Brisket Flat LEAN	Skirt Steak *
					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

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

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

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 3½-oz serving. Based on cooked servings, visible fat trimmed.

©2013 Cattlemen's Beef Board and National Cattlemen's Beef Association