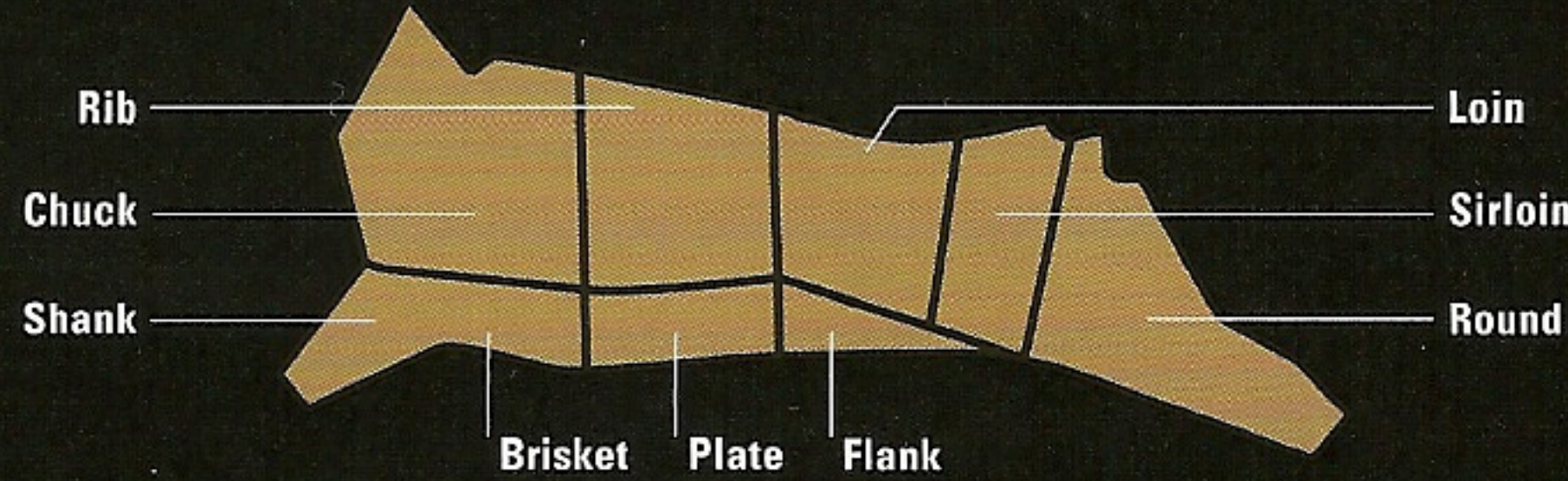


# Beef Made Easy®

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

## Loin



PORTERHOUSE  
STEAK



T-BONE STEAK \*



TOP LOIN STEAK \*  
Bone-in



TOP LOIN STEAK \*  
Boneless



TENDERLOIN ROAST \*



TENDERLOIN STEAK \*

## Sirloin



TRI-TIP ROAST \*



TRI-TIP STEAK \*



TOP SIRLOIN STEAK \*  
Boneless

## 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 \*

## Plate and Flank



SKIRT STEAK



FLANK STEAK \*

## Other



GROUND BEEF



CUBED STEAK



BEEF FOR STEW



BEEF FOR KABOBS



BEEF FOR STIR-FRY  
OR FAJITAS

### 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).