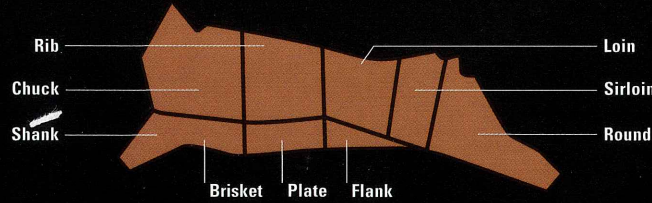


Beef Made Easy[®]

Retail Beef Cuts and Recommended Cooking Methods



IT'S WHAT'S FOR DINNER.[®]



FUNDED BY AMERICA'S BEEF PRODUCERS

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 *

Key to Recommended Cooking Methods

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

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

* 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).