Beef Made Easy®
Retail Beef Cuts and Recommended Cooking Methods

BEEF
IT'S WHAT'S FOR DINNER:

Chuck
- Chuck 7-Bone Pot Roast
- Chuck Pot Roast Boneless
- Chuck Eye Steak Boneless
- Shoulder Top Blade Steak Flat Iron
- Shoulder Pot Roast Boneless
- Shoulder Steak Boneless
- Shoulder Center* Ranch Steak
- Shoulder Petite Tender* Medallions*
- 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*

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
- Cured 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).

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