



LEAN BEEF AS PART OF A HEALTHY MENU



CONSIDERATIONS

- **Preparing Lean Beef:** With over 36 different lean beef cuts to choose from, proper preparation for each cut is important. Braising, roasting, marinades, and spice rubs enhance flavor and improve the eating experience.
- **Bold Flavors:** Consider pickled vegetables, chutneys, dried fruits, fresh herbs, bitter greens, and even aged cheeses in moderation, as a garnish.
- **Portion Control:** A 3-ounce portion of lean beef has around 170 calories, ten essential nutrients, and provides almost half of your daily requirements for protein.¹

INSPIRATION

BRISKET FLAT – Brisket is very common in the barbecue community and widely used by manufacturers for Corned Beef and pastrami products, but this is also a lean cut that also offers great versatility on the menu when braised or slow-cooked.



INSPIRATION:

- **Ancho Chile Braised Beef Brisket Tacos** with street corn salsa and smashed avocado
- **Lemongrass Marinated Beef Brisket Banh Mi Wrap** with cucumbers, cilantro, pickled carrots, and daikon served with a side of basil-ginger aioli.
- **Slow-Cooked Beef Brisket Pozole** with roasted tomatoes and Hatch green chilies garnished with radish escabeche.

SHOULDER PETITE TENDER – Similar in shape, flavor, and texture to the Beef Tenderloin, the Shoulder Petite Tender is perfect for medallions or roasting whole.



INSPIRATION:

- **Petite Tenderloin Tournedos** with garlic-herb roasted mushrooms, Brussels sprouts slaw, and red wine demi-glace.
- **Grilled Petite Tenderloin** on a salad of baby kale, pickled beets, caramelized onions, candied walnuts, Maytag blue cheese crumbles and white balsamic vinaigrette.
- **Petite Tenderloin Sliders** with roasted tomatoes, arugula, pickled red onions and basil pesto.

EYE OF ROUND – The most underappreciated cut in the carcass, the Eye of Round, which is also the leanest beef cut, offers terrific value and is an excellent choice for a carving station.



INSPIRATION:

- **Rosemary Crusted Eye of Round Roast**, sliced to order, and served with horseradish jus and olive oil smashed potatoes.
- **Southern Style Eye of Round Pot Roast** with fire-roasted root vegetables and pepper jelly corn muffins
- **Cold Shaved Eye of Round Salad** with marinated heirloom tomatoes, compressed cucumbers, pine nuts, aged white cheddar cheese, baby greens, and roasted red pepper chimichurri.

¹ U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2019. FoodData Central. fdc.nal.usda.gov (Beef composite, cooked - NDB Number: 13364).