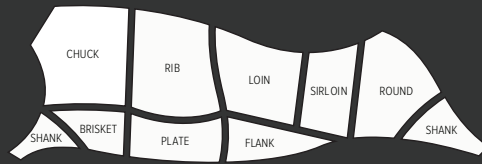


**BEEF**  
IT'S WHAT'S FOR DINNER.®



# BEEF CUTS

## AND RECOMMENDED COOKING METHODS

CHUCK		RIB	LOIN	SIRLOIN	ROUND	INGREDIENT	BRISKET
<b>Arm Chuck Roast</b> 	<b>Cross Rib Chuck Roast</b> 	<b>Ribeye Roast, Bone-In</b> 	<b>Porterhouse Steak</b> 	<b>Top Sirloin Steak +</b> 	<b>Top Round + Roast*</b> 	<b>Kabobs*</b> 	<b>Brisket Flat +</b> 
<b>Arm Chuck Steak</b> 	<b>Shoulder Roast +</b> 	<b>Ribeye Steak, Bone-In</b> 	<b>T-Bone Steak</b> 	<b>Top Sirloin Petite Roast</b> 	<b>Top Round* + Steak</b> 	<b>Stew Meat</b> 	<b>Brisket Point</b> 
<b>Blade Chuck Roast</b> 	<b>Shoulder Steak* +</b> 	<b>Back Ribs</b> 	<b>Strip Steak, Bone-In</b> 	<b>Top Sirloin Filet +</b> 	<b>Bottom Round + Roast</b> 	<b>Strips</b> 	<b>PLATE &amp; FLANK</b>
<b>Blade Chuck Steak*</b> 	<b>Ranch Steak +</b> 	<b>Ribeye Roast, Boneless</b> 	<b>Strip Steak, + Boneless</b> 	<b>Coulotte Roast</b> 	<b>Bottom Round* + Steak</b> 	<b>Cubed Steak</b> 	
<b>7-Bone Chuck Roast</b> 	<b>Flat Iron Steak</b> 	<b>Ribeye Steak, Boneless</b> 	<b>Strip Petite Roast +</b> 	<b>Coulotte Steak +</b> 	<b>Bottom Round + Rump Roast</b> 	<b>Ground Beef and + Ground Beef Patties</b> 	<b>Skirt Steak*</b> 
<b>Chuck Center Roast</b> 	<b>Top Blade Steak</b> 	<b>Ribeye Cap Steak</b> 	<b>Strip Filet +</b> 	<b>Tri-Tip Roast</b> 	<b>Eye of Round Roast +</b> 	<b>Shank Cross-Cut +</b> 	<b>Short Ribs, Bone-In*</b> 
<b>Denver Steak</b> 	<b>Shoulder + Petite Tender</b> 	<b>Ribeye Petite Roast</b> 	<b>Tenderloin Roast +</b> 	<b>Tri-Tip Steak +</b> 	<b>Eye of Round* + Steak</b> 		
<b>Chuck Eye Roast +</b> 	<b>Shoulder Petite + Tender Medallions</b> 	<b>Ribeye Filet +</b> 	<b>Tenderloin Steak + (Filet Mignon)</b> 	<b>Petite Sirloin Steak</b> 	<b>KEY TO RECOMMENDED COOKING METHODS</b>		
<b>Chuck Eye Steak</b> 	<b>Short Ribs, Bone-In</b> 			<b>Sirloin Bavette Steak</b> 	<p>                     GRILL    PAN-BROIL SKILLET    STIR-FRY    + LEAN            </p> <p>                     INDIRECT GRILLING    BROIL    BRAISE/POT ROAST         </p> <p>                     ROAST    SKILLET-TO-OVEN      </p> <p>                     These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.                      A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3 1/2 oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).                      * Marinate before cooking for best results.                 </p>		
<b>Country-Style Ribs</b> 							

Find recipes for these cuts at  
**CHUCK KNOWSBEEF.COM**



Funded by Beef Farmers and Ranchers