



CHUCK		RIB	LOIN	SIRLOIN	ROUND	INGREDIENT	BRISKET
Arm Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak + 	Top Round + Roast* 	Kabobs* 	Brisket Flat +
Arm Chuck Steak 	Shoulder Roast + 	Ribeye Steak, Bone-In 	T-Bone Steak 	Top Sirloin Petite Roast 	Top Round* + Steak 	Stew Meat 	Brisket Point
Blade Chuck Roast 	Shoulder Steak* + 	Back Ribs 	Strip Steak, Bone-In 	Top Sirloin Filet + 	Bottom Round + Roast 	Strips 	PLATE & FLANK
Blade Chuck Steak* 	Ranch Steak + 	Ribeye Roast, Boneless 	Strip Steak, + Boneless 	Coulotte Roast 	Bottom Round* + Steak 	Cubed Steak 	
7-Bone Chuck Roast 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast + 	Coulotte Steak + 	Bottom Round + Rump Roast 	Ground Beef and + Ground Beef Patties 	Flank Steak* +
Chuck Center Roast 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet + 	Tri-Tip Roast 	Eye of Round Roast + 	Shank Cross-Cut + 	Short Ribs, Bone-In*
Denver Steak 	Shoulder + Petite Tender 	Ribeye Petite Roast 	Tenderloin Roast + 	Tri-Tip Steak + 	Eye of Round* + Steak 	KEY TO RECOMMENDED COOKING METHODS <div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>GRILL </p> <p>INDIRECT GRILLING </p> <p>ROAST </p> </div> <div style="width: 20%;"> <p>PAN-BROIL SKILLET </p> <p>BROIL </p> <p>SKILLET-TO-OVEN </p> </div> <div style="width: 20%;"> <p>STIR-FRY </p> <p>BRAISE/POT ROAST </p> </div> <div style="width: 20%;"> <p>+ LEAN</p> <p>These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.</p> <p>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 (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).</p> <p>* Marinate before cooking for best results.</p> </div> </div>	
Chuck Eye Roast + 	Shoulder Petite + Tender Medallions 	Ribeye Filet + 	Tenderloin Steak + (Filet Mignon) 	Petite Sirloin Steak 			
Chuck Eye Steak 	Short Ribs, Bone-In 						
Country-Style Ribs 				Sirloin Bavette Steak 			

Find recipes for these cuts at

CHUCK KNOWSBEEF.COM



Funded by Beef Farmers and Ranchers