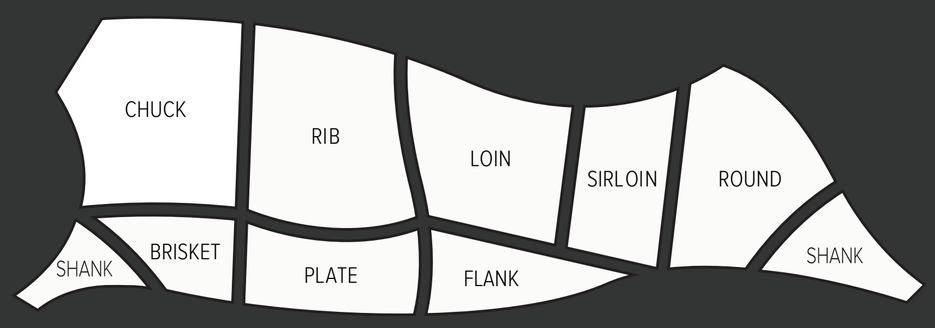
BEEF.
IT'S WHAT'S FOR DINNER.®



BEEF CUTS

AND RECOMMENDED COOKING METHODS

CHUCK

Arm Chuck Roast

Cross Rib Chuck Roast

Arm Chuck Steak

Shoulder Roast | LEAN

Blade Chuck Roast

Shoulder Steak* | LEAN

Blade Chuck Steak*

Ranch Steak | LEAN

7-Bone Chuck Roast

Flat Iron Steak

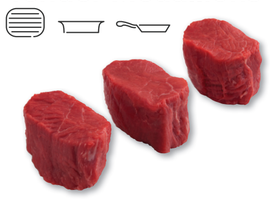
Chuck Center Roast

Top Blade Steak

Denver Steak

Shoulder Petite Tender | LEAN

Chuck Eye Roast | LEAN

Shoulder Petite Tender Medallions | LEAN


Chuck Eye Steak

Short Ribs, Bone-In

Country-Style Ribs

Funded by Beef Farmers and Ranchers

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ARMS#

RIB

Ribeye Roast, Bone-In

Ribeye Steak, Bone-In

Back Ribs

Ribeye Roast, Boneless

Ribeye Steak, Boneless

Ribeye Cap Steak

Ribeye Petite Roast | LEAN

Ribeye Filet | LEAN

LOIN

Porterhouse Steak

T-Bone Steak

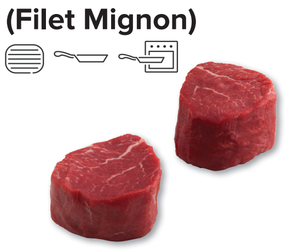
Strip Steak, Bone-In | LEAN

Strip Steak, Boneless | LEAN

Strip Petite Roast | LEAN

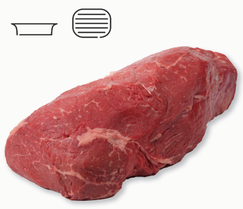
Strip Filet | LEAN

Tenderloin Roast | LEAN

Tenderloin Steak (Filet Mignon) | LEAN


SIRLOIN

Top Sirloin Steak | LEAN

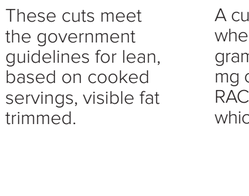
Top Sirloin Petite Roast | LEAN


Top Sirloin Filet | LEAN

Coulotte Roast

Coulotte Steak | LEAN

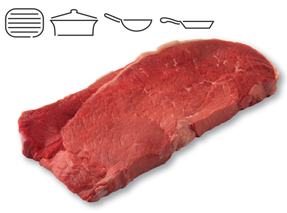
Tri-Tip Roast | LEAN

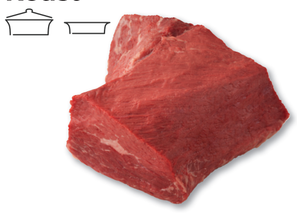
Tri-Tip Steak | LEAN


Petite Sirloin Steak

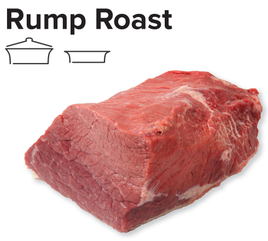
ROUND

Top Round Roast* | LEAN

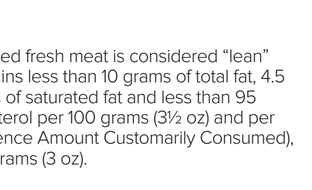
Top Round Steak* | LEAN


Bottom Round Roast | LEAN


Bottom Round Steak* | LEAN

Bottom Round Rump Roast | LEAN


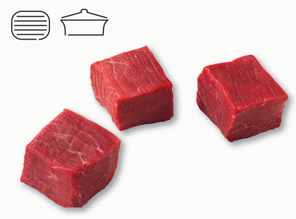
Eye of Round Roast | LEAN

Eye of Round Steak* | LEAN


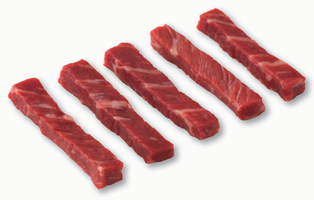
Brisket Flat | LEAN

Brisket Point

INGREDIENT CUTS

Kabobs*


Stew Meat

Strips


Cubed Steak

Ground Beef and Ground Beef Patties

Shank Cross-Cut | LEAN

Tenderloin Tips

BRISKET

Skirt Steak* | LEAN

Sirloin Bavette Steak

Brisket Point

Flank Steak* | LEAN

PLATE & FLANK

Short Ribs, Bone-In*

KEY TO RECOMMENDED COOKING METHODS

GRILL OR BROIL
PAN-BROIL/ SKILLET
STIR-FRY
INDIRECT GRILLING
BRAISE/ POT ROAST
ROAST
SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR BEST RESULTS

LEAN

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 (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).