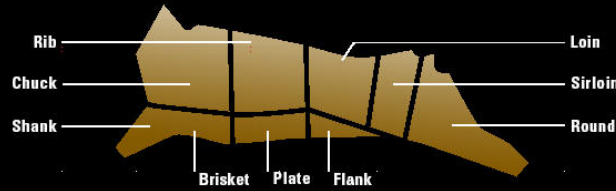


# Beef Made Easy®

Retail Beef Cuts and Recommended Cooking Methods



IT'S WHAT'S FOR DINNER!



FUNDED BY AMERICA'S BEEF PRODUCERS

## Chuck



CHUCK 7-BONE POT ROAST



CHUCK POT ROAST Boneless



CHUCK STEAK Boneless



CHUCK EYE STEAK Boneless



SHOULDER TOP BLADE STEAK



SHOULDER TOP BLADE STEAK Flat Iron



SHOULDER POT ROAST \* Boneless



SHOULDER STEAK \* Boneless



SHOULDER CENTER \* Ranch Steak



SHOULDER PETITE TENDER \*



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 \* Boneless

**Key to Recommended Cooking Methods**

- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir-Fry
- Roast
- Stew
- Braise
- Pot Roast

## 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



CUBED STEAK



BEEF FOR STEW



BEEF FOR KABOBS



BEEF FOR STIR-FRY OR FAJITAS

\* Cuts meeting government guidelines for lean having 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 1/2 oz).  
\* "Lean" designation based on cooked product, visible fat trimmed