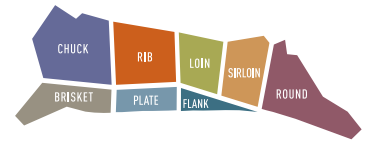


Beef Cuts

AND RECOMMENDED COOKING METHODS



CHUCK		RIB	LOIN	SIRLOIN	ROUND	OTHER
Blade Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak ^{LEAN} 	Top Round Steak* ^{LEAN} 	Kabobs*
Blade Chuck Steak* 	Shoulder Roast ^{LEAN} 	Ribeye Steak, Bone-In 	T-Bone Steak ^{LEAN} 	Sirloin Steak 	Bottom Round Roast ^{LEAN} 	Strips
7-Bone Chuck Roast 	Shoulder Steak* ^{LEAN} 	Back Ribs 	Strip Steak, Bone-In ^{LEAN} 	Top Sirloin Petite Roast ^{LEAN} 	Bottom Round Steak* ^{LEAN} 	Cubed Steak
Chuck Center Roast 	Ranch Steak ^{LEAN} 	Ribeye Roast, Boneless 	Strip Steak, Boneless ^{LEAN} 	Top Sirloin Filet ^{LEAN} 	Bottom Round Rump Roast ^{LEAN} 	Stew Meat
Chuck Center Steak* 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast ^{LEAN} 	Coulotte Roast 	Eye of Round Roast ^{LEAN} 	Shank Cross Cut ^{LEAN}
Denver Steak 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet ^{LEAN} 	Tri-Tip Roast ^{LEAN} 	Eye of Round Steak* ^{LEAN} 	Ground Beef and Ground Beef Patties
Chuck Eye Roast ^{LEAN} 	Petite Tender Roast ^{LEAN} 	Ribeye Petite Roast ^{LEAN} 	Tenderloin Roast ^{LEAN} 	Tri-Tip Steak ^{LEAN} 		
					BRISKET	PLATE & FLANK
Chuck Eye Steak 	Petite Tender Medallions ^{LEAN} 	Ribeye Filet ^{LEAN} 	Tenderloin Filet ^{LEAN} 	Petite Sirloin Steak 	Brisket Flat ^{LEAN} 	Skirt Steak*
Country-Style Ribs 	Short Ribs, Bone-In 			Sirloin Bavette* 	Brisket Point 	Flank Steak* ^{LEAN}
						Short Ribs, Bone-In*

KEY TO RECOMMENDED COOKING METHODS

- GRILL OR BROIL
- SLOW COOKING
- STIR-FRY
- ROAST
- SKILLET
- SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR BEST RESULTS

IT'S WHAT'S FOR DINNER.
Funded by the Beef Checkoff.

^{LEAN} These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3 1/2-oz. serving. Based on cooked servings, visible fat trimmed.