

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} 		
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}
 IT'S WHAT'S FOR DINNER. BeefItsWhatsForDinner.com Funded by the Beef Checkoff.		KEY TO RECOMMENDED COOKING METHODS GRILL OR BROIL SLOW COOKING STIR-FRY ROAST SKILLET 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.		Short Ribs, Bone-In*

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.