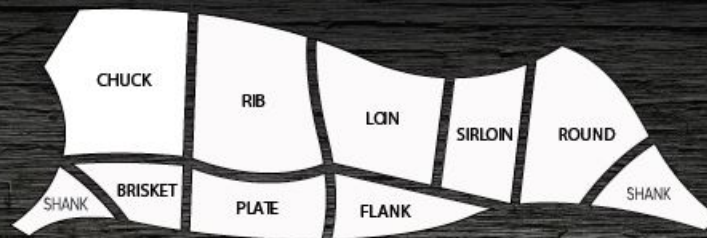


# Most Common Beef Cuts and Recommended Cooking Methods



CHUCK			RIB	LOIN	SIRLOIN	ROUND	INGREDIENT CUTS	PLATE AND FLANK	BRISKET
<b>Arm Chuck Roast</b> 	<b>Chuck Eye Roast+</b> 	<b>Ranch Steak+</b> 	<b>Rib Roast</b> 	<b>Porterhouse Steak</b> 	<b>Top Sirloin Steak+</b> 	<b>Top Round Roast+*</b> 	<b>Kabobs*</b> 	<b>Skirt Steak*</b> 	<b>Brisket Flat+</b> 
<b>Arm Chuck Steak</b> 	<b>Chuck Eye Steak</b> 	<b>Flat Iron Steak</b> 	<b>Ribeye Steak, Bone-In</b> 	<b>T-Bone Steak</b> 	<b>Coulotte Roast</b> 	<b>Top Round Steak+*</b> 	<b>Stew Meat</b> 	<b>Flank Steak+*</b> 	<b>Brisket Point</b> 
<b>Blade Chuck Steak*</b> 	<b>Country-Style Ribs</b> 	<b>Top Blade Steak</b> 	<b>Back Ribs</b> 	<b>Strip Steak, Bone-In+</b> 	<b>Coulotte Steak+</b> 	<b>Bottom Round Steak+*</b> 	<b>Strips</b> 	<b>Short Ribs, Bone-In*</b> 	
<b>7-Bone Chuck Roast</b> 	<b>Cross Rib Chuck Roast</b> 	<b>Shoulder Petite Tender+</b> 	<b>Ribeye Roast</b> 	<b>Strip Steak, Boneless+</b> 	<b>Tri-Tip Roast+</b> 	<b>Bottom Round Rump Roast+</b> 	<b>Cubed Steaks</b> 		
<b>Chuck Center Roast</b> 	<b>Shoulder Roast+</b> 	<b>Shoulder Petite Tender Medallions+</b> 	<b>Ribeye Steak, Boneless</b> 	<b>Tenderloin Roast+</b> 	<b>Tri-Tip Steak+</b> 	<b>Eye of Round Roast+</b> 	<b>Ground Beef and Ground Beef Patties</b> 		
<b>Denver Steak</b> 	<b>Shoulder Steak+*</b> 	<b>Short Ribs, Bone-In</b> 	<b>Ribeye Cap Steak</b> 	<b>Tenderloin Steak (Filet Mignon)+</b> 	<b>Petite Sirloin Steak</b> 	<b>Eye of Round Steak+*</b> 	<b>Shank Cross-Cut+</b> 		

## KEY TO RECOMMENDED COOKING METHODS



\* Marinate before cooking for best results + This cut meets 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 (3 1/2 oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).