



# One Powerful Protein. So Many Choices.

Discover the Many Ways to  
Love Lean Beef



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There are more than 29 cuts of beef that meet government guidelines for lean, so it's easy to "go lean with protein" and follow the U.S. Dietary Guidelines. In fact, you may be surprised to learn that you've already been enjoying many of the lean cuts of beef!

Finding delicious, yet healthful solutions for your entire family are as close as your grocer's meat case. On average, a 3-ounce serving of lean beef is only 154 calories yet an excellent source of 6 nutrients (*protein, zinc, vitamin B<sub>12</sub>, vitamin B<sub>6</sub>, niacin and selenium*) and a good source of 4 nutrients (*phosphorous, choline, iron and riboflavin*).

## Round

### Eye Round Roast

May also be referred to as *Eye of Round Roast and Round Eye Pot Roast*

This roast is economical and best when cooked only to medium rare (145°F) doneness and carved into thin slices.

#### Eye Round Steak

Marinate in a tenderizing marinade before cooking and cook only to medium rare (145°F) doneness.



### Bottom Round Roast

May also be referred to as *Bottom Round Oven Roast, Bottom Round Pot Roast and Bottom Round Rump Roast*

This roast is economical, and achieves its best flavor when braised (pot roasting).

#### Bottom Round Steak

This less tender steak should be placed in a tenderizing marinade before cooking. For best eating quality, cook only to medium rare (145°F) doneness and carve into thin slices.

#### Bottom Round (Western Griller) Steak

May also be referred to as *Western Griller*

This steak is relatively new to the marketplace. After removing a less tender muscle from the roast, this piece becomes a consistent steak product. It should be placed in a tenderizing marinade before cooking. For best eating quality, cook only to medium rare (145°F) doneness and carve into thin slices.



### Top Round Roast

May also be referred to as *Top Round London Broil and Top Round Roast Cap Off*

This roast performs well in moist heat cooking applications such as braising, stewing or pot roasting.

#### Top Round Steak

This is an economical, full-flavored steak with an excellent nutrition profile. Marinate in a tenderizing marinade before cooking and cook only to medium rare (145°F) doneness.



### Round Tip Roast

May also be referred to as *Ball Tip Roast, Crescent Roast, Full-trimmed Tip Roast, Knuckle (Peeled), Sirloin Tip Roast and Tip Sirloin Roast*

This economical roast is best when cooked only to medium rare (145°F) doneness and carved into thin slices.

#### Round Tip Steak

May also be referred to as *Ball Tip Steak, Breakfast Steak, Knuckle Steak (Peeled), Round Tip Steak, Sandwich Steak, Sirloin Tip Steak and Trimmed Tip Steak*

The steak is sold both thin-cut (as stir-fry meat, sandwich or breakfast steaks) and thick-cut. Cook either cut to medium rare (145°F) doneness.



### Round Steak

This cut is best for braising as it contains multiple muscles from the Round: Top Round, Eye Round and Bottom Round. It is sold bone-in and boneless.

### Sirloin Tip Center Roast

This small, economical roast is perfect for an easy family dinner. For best eating quality, cook only to medium rare (145°F) doneness and carve into thin slices.

#### Sirloin Tip Center Steak

May also be referred to as *Round Sirloin Tip Center Steak*

Great when grilled or skillet-cooked, this steak is boneless and best when cooked to medium rare (145°F) doneness.

#### Sirloin Tip Side Steak

May also be referred to as *Round Sirloin Tip Side Steak*

This steak is affordable and boneless. It should be marinated for best results and cooked to medium rare (145°F) doneness.



## Discover the Many Ways to Love Lean Beef...

### Loin

#### Top Sirloin Steak

A true steak of all trades. Whether you cut it in cubes for kabobs, strips for stir-fry, or enjoy straight up as a steak, the Top Sirloin is an all-around good value. It can be cooked whole as a steak, cut into cubes for kabobs or strips for stir-fry. Cook to medium rare (145°F) to medium (160°F). Recommended cooking methods are grill, broil and pan broil.



#### Top Loin (Strip) Steak

*May also be referred to as Club Steak, Kansas City Steak, New York Strip Steak and Strip Steak*

This is a tender, full flavor cut that is sold boneless. It is easily one of the most popular cuts around and is extremely popular at steakhouses. Recommended cooking methods are grill, broil and pan broil.



#### Tenderloin Roast

The most tender cut available, this roast is boneless and sold as a whole roast or a smaller center-cut roast. Prepare by oven-roasting. Cook to medium rare (145°F) to medium (160°F). A whole tenderloin roast can be portioned into a small roast, steaks, beef for kabobs and beef for stir-fry.



#### Tenderloin Steak

*May also be referred to as Beef Tender Steak, Chateaubriand Filet De Boeuf, Filet Mignon, Filet Steak, Fillet Steak and Tender Steak*

Straight from the Tenderloin Roast, it's the most tender cut of the lot. Recommended cooking methods are grill, broil and pan broil.



#### T-Bone Steak

Two delicious cuts in one steak delivering all the tenderness you want with all the benefits of lean beef. T-Bone steak consists of two lean tender steaks – the Top Loin (Strip) and Tenderloin steaks – connected by a telltale T-shaped bone. Cook to medium rare (145°F) to medium (160°F). Recommended cooking methods are grill, broil and pan broil.



#### Tri-Tip Roast

*May also be referred to as Bottom Sirloin Roast and Triangle Roast*

This roast is tender, boneless and offers rich beef flavor. It is widely available on the west coast. If you have trouble locating it at your supermarket, just ask your meat retailer.



#### Tri-Tip Steak

Cut from the Tri-Tip roast, this steak is sold boneless and offers rich beef flavor.



### Chuck

#### Chuck Shoulder Pot Roast

*May also be referred to as Book Roast and Shoulder Roast*

This cut has robust beef flavor and is moist and fork-tender when braised (pot roasting).



#### Chuck Shoulder Steak

This steak is lean, boneless and best when braised or cooked in liquid.

#### Shoulder Petite Tender

Cut using an innovative new technology, this is one of the most tender beef cuts, and it's lean yet juicy. It has excellent beef chuck flavor and versatility.



#### Shoulder Petite Tender Medallions

*May also be referred to as Petite Tender Medallions*

Cut from the shoulder petite tender, these medallions have been portioned into thin slices.



#### Shoulder Center (Ranch) Steak

*May also be referred to as Ranch Steak*

One of the newest cuts on the block, this steak is affordable, convenient and versatile. It is great when grilled or skillet-cooked.



### Brisket

#### Brisket, Flat Half

*May also be referred to as Boneless Brisket, Brisket First Cut, Brisket Flat Cut, Brisket Front Cut, Brisket Thin Cut*

Brisket is flavorful and becomes tender when braised (pot roasting).



#### Shank Cross Cut

*May also be referred to as Center Beef Shanks, Cross Cut Shanks and Fore Shank for soup*

Cross cuts are flavorful and very tender when braised (pot roasting) or cooked in liquid (stewing).



#### Flank Steak

*May also be referred to as Flank Steak Filet, Jiffy Steak, London Broil and Plank Steak*

This steak is boneless and flavorful. It has a very well defined grain direction which runs the length of the cut. To maximize tenderness it is best to place in a tenderizing marinade, cook whole and then carve across the grain into thin slices.



### Ground Beef

#### 95% Lean Ground Beef

*May also be referred to as Ground Round*

Perfect for recipes where you can't drain off drippings, such as stuffed peppers or cabbage. If used for burgers, mix lightly but thoroughly.

