



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

KEY TO RECOMMENDED COOKING METHODS

GRILL OR BROIL SKILLET STIR-FRY INDIRECT GRILLING

SLOW-COOKING ROAST 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.

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 3½-oz serving. Based on cooked servings, visible fat trimmed.



Funded by Beef Farmers and Ranchers

For more beef cuts information, visit BeefItsWhatsForDinner.com

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