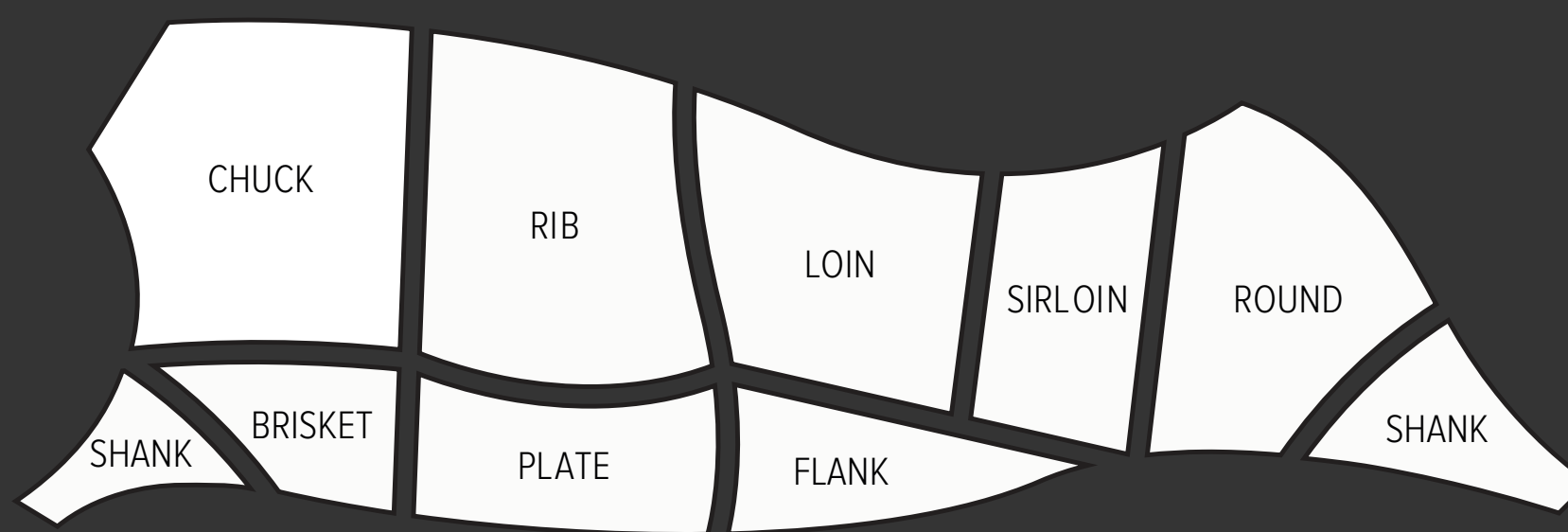


# BEEF

IT'S WHAT'S FOR DINNER.®



# BEEF CUTS

## AND RECOMMENDED COOKING METHODS

CHUCK		RIB		LOIN		SIRLOIN		ROUND		INGREDIENT CUTS	
<b>Arm Chuck Roast</b> 	<b>Cross Rib Chuck Roast</b> 	<b>Ribeye Roast, Bone-In</b> 	<b>Porterhouse Steak</b> 	<b>Top Sirloin Steak</b>   LEAN 	<b>Top Round Roast*</b>   LEAN 	<b>Kabobs*</b> 					
<b>Arm Chuck Steak</b> 	<b>Shoulder Roast</b>   LEAN 	<b>Ribeye Steak, Bone-In</b> 	<b>T-Bone Steak</b> 	<b>Top Sirloin Petite Roast</b>   LEAN 	<b>Top Round Steak*</b>   LEAN 	<b>Stew Meat</b> 					
<b>Blade Chuck Roast</b> 	<b>Shoulder Steak*</b>   LEAN 	<b>Back Ribs</b> 	<b>Strip Steak, Bone-In</b>   LEAN 	<b>Top Sirloin Filet</b>   LEAN 	<b>Bottom Round Roast</b>   LEAN 	<b>Strips</b> 					
<b>Blade Chuck Steak*</b> 	<b>Ranch Steak</b>   LEAN 	<b>Ribeye Roast, Boneless</b> 	<b>Strip Steak, Boneless</b>   LEAN 	<b>Coulotte Roast</b> 	<b>Bottom Round Steak*</b>   LEAN 	<b>Cubed Steak</b> 					
<b>7-Bone Chuck Roast</b> 	<b>Flat Iron Steak</b> 	<b>Ribeye Steak, Boneless</b> 	<b>Strip Petite Roast</b>   LEAN 	<b>Coulotte Steak</b>   LEAN 	<b>Bottom Round Rump Roast</b>   LEAN 	<b>Ground Beef and Ground Beef Patties</b> 					
<b>Chuck Center Roast</b> 	<b>Top Blade Steak</b> 	<b>Ribeye Cap Steak</b> 	<b>Strip Filet</b>   LEAN 	<b>Tri-Tip Roast</b>   LEAN 	<b>Eye of Round Roast</b>   LEAN 	<b>Shank Cross-Cut</b>   LEAN 					
<b>Denver Steak</b> 	<b>Shoulder Petite Tender</b>   LEAN 	<b>Ribeye Petite Roast</b>   LEAN 	<b>Tenderloin Roast</b>   LEAN 	<b>Tri-Tip Steak</b>   LEAN 	<b>Eye of Round Steak*</b>   LEAN 	<b>BRISKET</b>   LEAN <b>PLATE &amp; FLANK</b>					
<b>Chuck Eye Roast</b>   LEAN 	<b>Shoulder Petite Tender Medallions</b>   LEAN 	<b>Ribeye Filet</b>   LEAN 	<b>Tenderloin Steak (Filet Mignon)</b>   LEAN 	<b>Petite Sirloin Steak</b> 	<b>Brisket Flat</b>   LEAN 	<b>Skirt Steak*</b> 					
<b>Chuck Eye Steak</b> 	<b>Short Ribs, Bone-In</b> 	<b>KEY TO RECOMMENDED COOKING METHODS</b> 		<b>Sirloin Bavette Steak</b> 	<b>Brisket Point</b> 	<b>Flank Steak*</b>   LEAN 					
<b>Country-Style Ribs</b> 	<b>LEAN</b> These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.  <small>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 (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).</small>	<b>Find recipes for these cuts at</b> <b>CHUCK KNOWSBEEF.COM</b>				<b>Short Ribs, Bone-In*</b> 					