# Beef Cuts

AND RECOMMENDED COOKING METHODS

## CHUCK

- Blade Chuck Roast
- Cross Rib Chuck Roast
- Blade Chuck Steak*
- Shoulder Roast (LEAN)
- 7-Bone Chuck Roast
- Shoulder Steak* (LEAN)
- Chuck Center Roast
- Ranch Steak (LEAN)
- Chuck Center Steak*
- Flat Iron Steak
- Denver Steak
- Top Blade Steak
- Chuck Eye Roast
- Petite Tender Roast (LEAN)
- Chuck Eye Steak
- Petite Tender Medallions (LEAN)
- Country-Style Ribs
- Short Ribs, Bone-In

## RIB

- Ribeye Roast, Bone-In
- Ribeye Steak, Bone-In
- Ribeye "Cowboy" Cut
- Back Ribs
- Ribeye Roast, Boneless
- Ribeye Steak, Boneless
- Ribeye Cap Steak
- Ribeye Petite Roast (LEAN)
- Ribeye Filet (LEAN)

## LOIN

- Porterhouse Steak
- T-Bone Steak (LEAN)
- Strip Steak, Bone-In (LEAN)
- Strip Steak, Boneless (LEAN)
- Strip Petite Roast (LEAN)
- Strip Filet (LEAN)
- Tenderloin Roast (LEAN)
- Tenderloin Filet (LEAN)

## SIRLOIN

- Sirloin Steak (LEAN)
- Top Sirloin Steak
- Top Sirloin Petite Roast (LEAN)
- Top Sirloin Filet (LEAN)
- Tri-Tip Roast (LEAN)
- Tri -Tip Steak (LEAN)
- Petite Sirloin Steak
- Sirloin Bavette*

## ROUND

- Top Round Steak* (LEAN)
- Bottom Round Roast (LEAN)
- Bottom Round Steak* (LEAN)
- Bottom Round Rump Roast (LEAN)
- Coulotte Roast
- Eye of Round Roast (LEAN)
- Eye of Round Steak* (LEAN)

## BRISKET

- Brisket Flat (LEAN)
- Brisket Point

## OTHER

- Kabobs*
- Strips
- Cubed Steak
- Stew Meat
- Shank Cross Cut (LEAN)
- Ground Beef and Ground Beef Patties

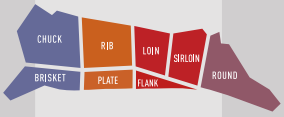
## PLATE & FLANK

- Skirt Steak*
- Flank Steak* (LEAN)
- Short Ribs, Bone-In*

### COOKING METHODS

- GRILL OR BROIL
- SLOW COOKING
- STIR-FRY
- ROAST
- SKILLET
- SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR




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.

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