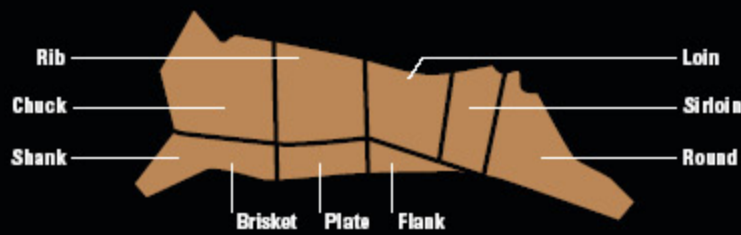


# Beef Made Easy<sup>®</sup>

## Retail Beef Cuts and Recommended Cooking Methods










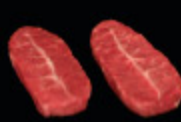





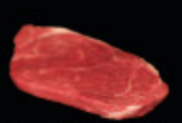













IT'S WHAT'S FOR DINNER.<sup>®</sup>



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### Chuck

 <b>CHUCK 7-BONE POT ROAST</b> Boneless 	 <b>CHUCK POT ROAST</b> Boneless 	 <b>CHUCK STEAK</b> Boneless  	 <b>CHUCK EYE STEAK</b> Boneless  	 <b>SHOULDER TOP BLADE STEAK</b>  	 <b>SHOULDER TOP BLADE STEAK Flat Iron</b>  
 <b>SHOULDER POT ROAST *</b> Boneless 	 <b>SHOULDER STEAK *</b> Boneless  	 <b>SHOULDER CENTER * Ranch Steak</b> 	 <b>SHOULDER PETITE TENDER *</b>  	 <b>SHOULDER PETITE TENDER MEDALLIONS *</b> 	 <b>BONELESS SHORT RIBS</b> 

### Rib

 <b>RIB ROAST</b> 	 <b>RIB STEAK</b> 	 <b>RIBEYE ROAST</b> Boneless 	 <b>RIBEYE STEAK</b> Boneless  	 <b>BACK RIBS</b> 
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### Loin

 <b>PORTERHOUSE STEAK</b>  	 <b>T-BONE STEAK *</b>  	 <b>TOP LOIN STEAK * Bone-in</b>  	 <b>TOP LOIN STEAK * Boneless</b>  	 <b>TENDERLOIN ROAST *</b> 	 <b>TENDERLOIN STEAK *</b>  
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### Sirloin

 <b>TRI-TIP ROAST *</b>  	 <b>TRI-TIP STEAK *</b> 	 <b>TOP SIRLOIN STEAK * Boneless</b> 
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### Round

 <b>TOP ROUND STEAK *</b> 	 <b>BOTTOM ROUND ROAST *</b> 	 <b>BOTTOM ROUND STEAK * Western Griller</b>  	 <b>EYE ROUND ROAST *</b> 	 <b>EYE ROUND STEAK *</b>  
 <b>ROUND TIP ROAST *</b> 	 <b>ROUND TIP STEAK *</b> 	 <b>SIRLOIN TIP CENTER ROAST *</b> 	 <b>SIRLOIN TIP CENTER STEAK *</b>  	 <b>SIRLOIN TIP SIDE STEAK *</b> 

### Shank and Brisket

 <b>SHANK CROSS CUT *</b> 	 <b>BRISKET FLAT CUT *</b> 
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### Plate and Flank

 <b>SKIRT STEAK</b> 	 <b>FLANK STEAK *</b> 
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### Other

 <b>GROUND BEEF</b>  	 <b>CUBED STEAK</b> 	 <b>BEEF FOR STEW</b> 	 <b>BEEF FOR KABOBS</b> 	 <b>BEEF FOR STIR-FRY OR FAJITAS</b> 
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#### Key to Recommended Cooking Methods

-  Skillet
-  Grill or Broil
-  Marinate & Grill or Broil
-  Stir-Fry
-  Roast
-  Stew
-  Braise
-  Pot Roast

\* These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed.

Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 oz).