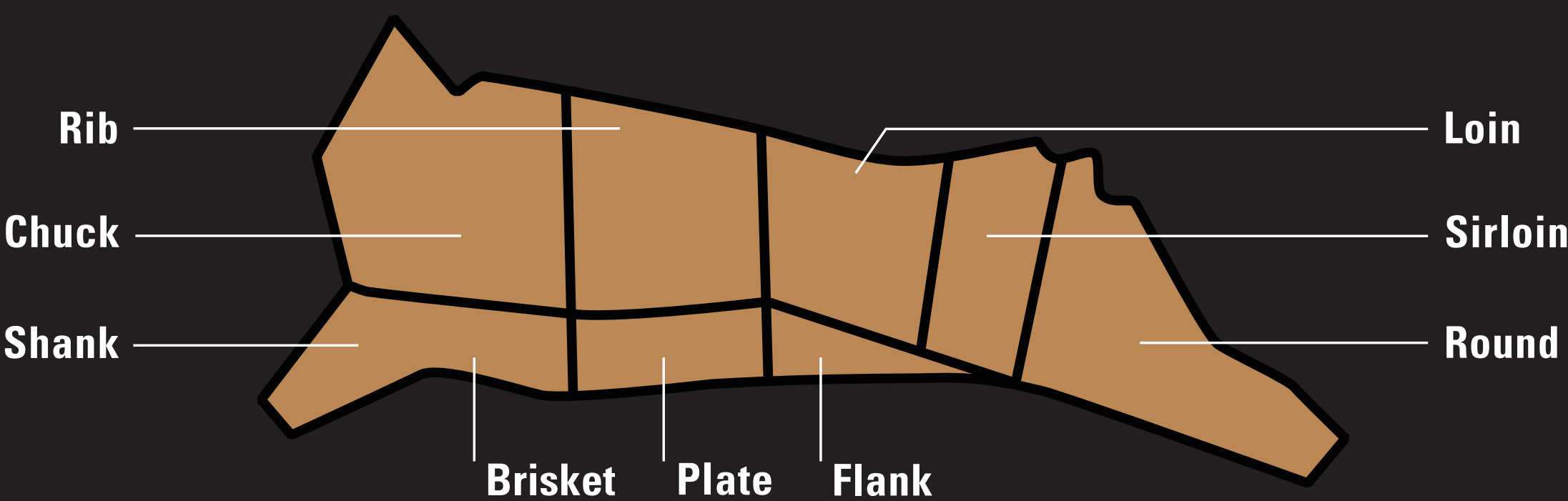


Beef Made Easy[®]

Retail Beef Cuts and Recommended Cooking Methods



IT'S WHAT'S FOR DINNER.[®]



FUNDED BY
THE BEEF CHECKOFF

Chuck



CHUCK 7-BONE
POT ROAST



CHUCK POT ROAST
Boneless



CHUCK STEAK
Boneless



CHUCK EYE STEAK
Boneless



SHOULDER TOP BLADE
STEAK



SHOULDER TOP BLADE
STEAK Flat Iron



SHOULDER POT ROAST *
Boneless



SHOULDER STEAK *
Boneless



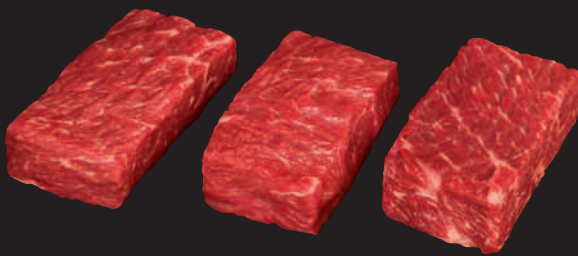
SHOULDER CENTER *
Ranch Steak



SHOULDER PETITE
TENDER *



SHOULDER PETITE TENDER
MEDALLIONS *



BONELESS SHORT RIBS

Rib



RIB ROAST



RIB STEAK



RIBEYE ROAST
Boneless



RIBEYE STEAK
Boneless



BACK RIBS

Loin



PORTERHOUSE
STEAK



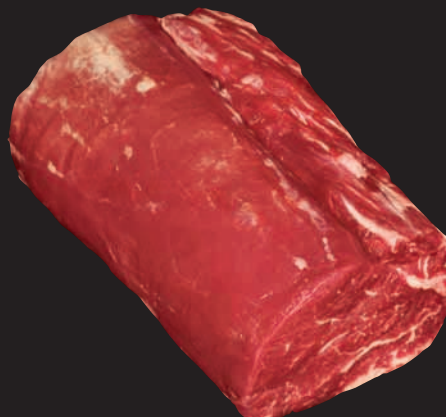
T-BONE STEAK *



TOP LOIN STEAK *
Bone-in



TOP LOIN STEAK *
Boneless

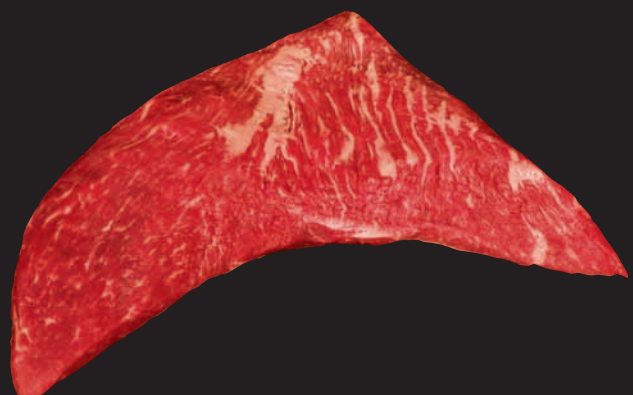


TENDERLOIN ROAST *



TENDERLOIN STEAK *

Sirloin



TRI-TIP ROAST *



TRI-TIP STEAK *



TOP SIRLOIN STEAK *
Boneless

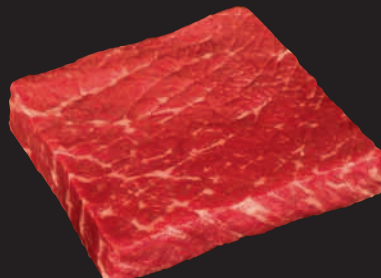
Round



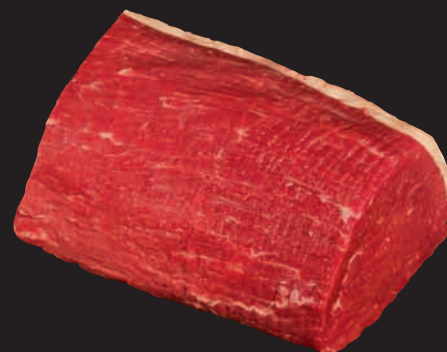
TOP ROUND STEAK *



BOTTOM ROUND
ROAST *



BOTTOM ROUND STEAK *
Western Griller



EYE ROUND ROAST *



EYE ROUND STEAK *



ROUND TIP ROAST *



ROUND TIP STEAK *



SIRLOIN TIP CENTER
ROAST *



SIRLOIN TIP CENTER
STEAK *



SIRLOIN TIP SIDE
STEAK *

Key to Recommended Cooking Methods



Skillet



Grill or Broil



Marinate &
Grill or Broil



Stir-Fry



Roast



Stew



Braise



Pot Roast

Shank and Brisket



SHANK CROSS CUT *

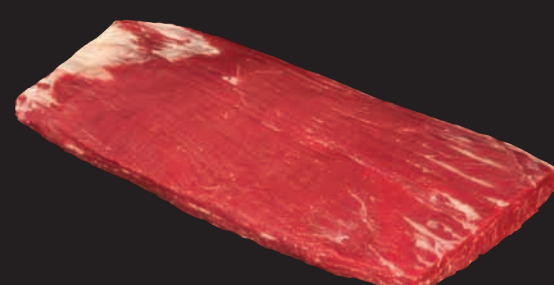


BRISKET FLAT CUT *

Plate and Flank

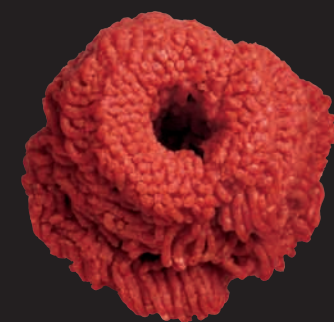


SKIRT STEAK

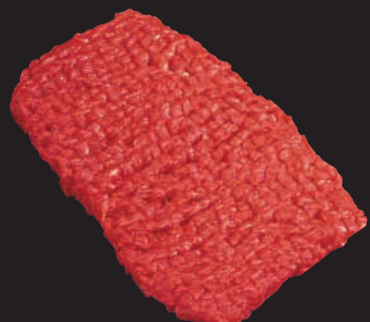


FLANK STEAK *

Other



GROUND BEEF



CUBED STEAK



BEEF FOR STEW



BEEF FOR KABOBS



BEEF FOR STIR-FRY
OR FAJITAS

*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).