



BEEF CUTS

AND RECOMMENDED COOKING METHODS

CHUCK		RIB	LOIN	SIRLOIN	ROUND	INGREDIENT CUTS	
<div>Arm Chuck Roast</div> <div></div>	<div>Cross Rib Chuck Roast</div> <div></div>	<div>Prime Rib Roast</div> <div></div>	<div>Porterhouse Steak</div> <div></div>	<div>Top Sirloin Steak</div> <div></div> <div>LEAN</div>	<div>Top Round*</div> <div></div> <div>LEAN</div>	<div>Kabobs*</div> <div></div>	
<div>Arm Chuck Steak</div> <div></div>	<div>Shoulder Roast</div> <div></div> <div>LEAN</div>	<div>Ribeye Steak, Bone-In</div> <div></div>	<div>T-Bone Steak</div> <div></div>	<div>Top Sirloin Petite Roast</div> <div></div> <div>LEAN</div>	<div>Top Round Steak*</div> <div></div> <div>LEAN</div>	<div>Stew Meat</div> <div></div>	
<div>Blade Chuck Roast</div> <div></div>	<div>Shoulder Steak*</div> <div></div> <div>LEAN</div>	<div>Back Ribs</div> <div></div>	<div>Strip Steak, Bone-In</div> <div></div> <div>LEAN</div>	<div>Top Sirloin Filet</div> <div></div> <div>LEAN</div>	<div>Bottom Round Roast</div> <div></div> <div>LEAN</div>	<div>Strips</div> <div></div>	
<div>Blade Chuck Steak*</div> <div></div>	<div>Ranch Steak</div> <div></div> <div>LEAN</div>	<div>Ribeye Roast, Boneless</div> <div></div>	<div>Strip Steak, Boneless</div> <div></div> <div>LEAN</div>	<div>Coulotte Roast</div> <div></div>	<div>Bottom Round Steak*</div> <div></div> <div>LEAN</div>	<div>Cubed Steak</div> <div></div>	
<div>7-Bone Chuck Roast</div> <div></div>	<div>Flat Iron Steak</div> <div></div>	<div>Ribeye Steak, Boneless</div> <div></div>	<div>Strip Petite Roast</div> <div></div> <div>LEAN</div>	<div>Coulotte Steak</div> <div></div> <div>LEAN</div>	<div>Bottom Round Rump Roast</div> <div></div> <div>LEAN</div>	<div>Ground Beef and Ground Beef Patties</div> <div></div>	
<div>Chuck Center Roast</div> <div></div>	<div>Top Blade Steak</div> <div></div>	<div>Ribeye Cap Steak</div> <div></div>	<div>Strip Filet</div> <div></div> <div>LEAN</div>	<div>Tri-Tip Roast</div> <div></div> <div>LEAN</div>	<div>Eye of Round Roast</div> <div></div> <div>LEAN</div>	<div>Shank Cross-Cut</div> <div></div> <div>LEAN</div>	
<div>Denver Steak</div> <div></div>	<div>Shoulder Petite Tender</div> <div></div> <div>LEAN</div>	<div>Ribeye Petite Roast</div> <div></div> <div>LEAN</div>	<div>Tenderloin Roast</div> <div></div> <div>LEAN</div>	<div>Tri-Tip Steak</div> <div></div> <div>LEAN</div>	<div>Eye of Round Steak*</div> <div></div> <div>LEAN</div>	<div>Tenderloin Tips</div> <div></div>	
<div>Chuck Eye Roast</div> <div></div> <div>LEAN</div>	<div>Shoulder Petite Tender Medallions</div> <div></div> <div>LEAN</div>	<div>Ribeye Filet</div> <div></div> <div>LEAN</div>	<div>Tenderloin Steak (Filet Mignon)</div> <div></div> <div>LEAN</div>	<div>Petite Sirloin Steak</div> <div></div> <div>LEAN</div>	<div>Brisket Flat</div> <div></div> <div>LEAN</div>	<div>Inside Skirt*</div> <div></div>	
<div>Chuck Eye Steak</div> <div></div>	<div>Short Ribs, Bone-In</div> <div></div>			<div>Sirloin Bavette Steak</div> <div></div>	<div>Brisket Point</div> <div></div>	<div>Flank Steak*</div> <div></div> <div>LEAN</div>	
<div>Country-Style Ribs</div> <div></div>						<div>Short Ribs, Bone-In*</div> <div></div>	
<div></div> <div>Funded by Beef Farmers and Ranchers</div> <div>© 2021 Cattlemen's Beef Board and National Cattlemen's Beef Association ARMS#</div>		<div>KEY TO RECOMMENDED COOKING METHODS</div> <div><div></div>Grilling<div></div>Oven Roasting<div></div>Stewing<div></div>Braising<div></div>Skillet-to-Oven<div></div>Stir-Fry<div></div>Broiling<div></div>Skillet Cooking<div></div>Pressure Cooking<div></div>Indirect Grilling<div></div>Smoking</div> <div>*Marinate before cooking for best results</div>					
		<div>LEAN</div> <div>These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.</div> <div>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).</div>					