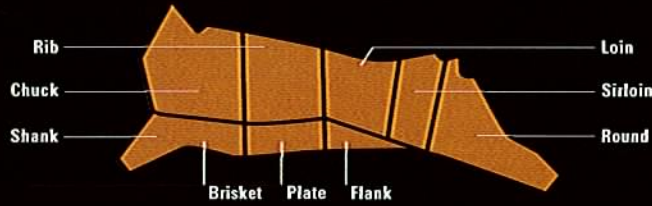


Beef Made Easy[®]

Retail Beef Cuts and Recommended Cooking Methods


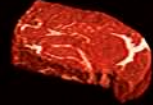
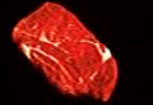
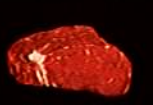

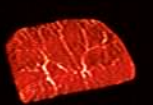
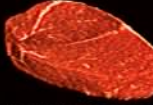



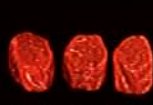



IT'S WHAT'S FOR DINNER.[®]



FUNDED BY AMERICA'S BEEF PRODUCERS

Chuck

 CHUCK 7-BONE POT ROAST Pot Roast	 CHUCK POT ROAST Boneless Pot Roast	 CHUCK STEAK Boneless Stir-Fry, Pot Roast	 CHUCK EYE STEAK Boneless Grill or Broil, Skillet	 SHOULDER TOP BLADE STEAK Grill or Broil, Skillet	 SHOULDER TOP BLADE STEAK Flat Iron Grill or Broil, Skillet
 SHOULDER POT ROAST * Boneless Pot Roast	 SHOULDER STEAK * Boneless Stir-Fry, Pot Roast	 SHOULDER CENTER * Ranch Steak Grill or Broil	 SHOULDER PETITE TENDER * Grill or Broil, Skillet	 SHOULDER PETITE TENDER MEDALLIONS * Skillet	 BONELESS SHORT RIBS Skillet

Rib

 RIB ROAST Roast	 RIB STEAK Grill or Broil	 RIBEYE ROAST Boneless Roast	 RIBEYE STEAK Boneless Grill or Broil, Skillet	 BACK RIBS Grill or Broil
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Loin

 PORTERHOUSE STEAK Grill or Broil, Skillet	 T-BONE STEAK * Grill or Broil, Skillet	 TOP LOIN STEAK * Bone-in Grill or Broil, Skillet	 TOP LOIN STEAK * Boneless Grill or Broil, Skillet	 TENDERLOIN ROAST * Roast	 TENDERLOIN STEAK * Grill or Broil, Skillet
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Sirloin

 TRI-TIP ROAST * Grill or Broil	 TRI-TIP STEAK * Grill or Broil	 TOP SIRLOIN STEAK * Boneless Grill or Broil
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Round

 TOP ROUND STEAK * Stir-Fry, Pot Roast	 BOTTOM ROUND ROAST * Pot Roast	 BOTTOM ROUND STEAK * Western Griller Stir-Fry, Pot Roast	 EYE ROUND ROAST * Roast	 EYE ROUND STEAK * Stir-Fry, Pot Roast
 ROUND TIP ROAST * Roast	 ROUND TIP STEAK * Grill or Broil, Skillet	 SIRLOIN TIP CENTER ROAST * Roast	 SIRLOIN TIP CENTER STEAK * Grill or Broil, Skillet	 SIRLOIN TIP SIDE STEAK * Stir-Fry, Pot Roast

Shank and Brisket

 SHANK CROSS CUT * Stew	 BRISKET FLAT CUT * Pot Roast
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Plate and Flank

 SKIRT STEAK Stir-Fry	 FLANK STEAK * Stir-Fry
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Other

 GROUND BEEF Grill or Broil, Skillet	 CUBED STEAK Grill or Broil, Skillet	 BEEF FOR STEW Stew	 BEEF FOR KABOBS Grill or Broil	 BEEF FOR STIR-FRY OR FAJITAS Stir-Fry
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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).