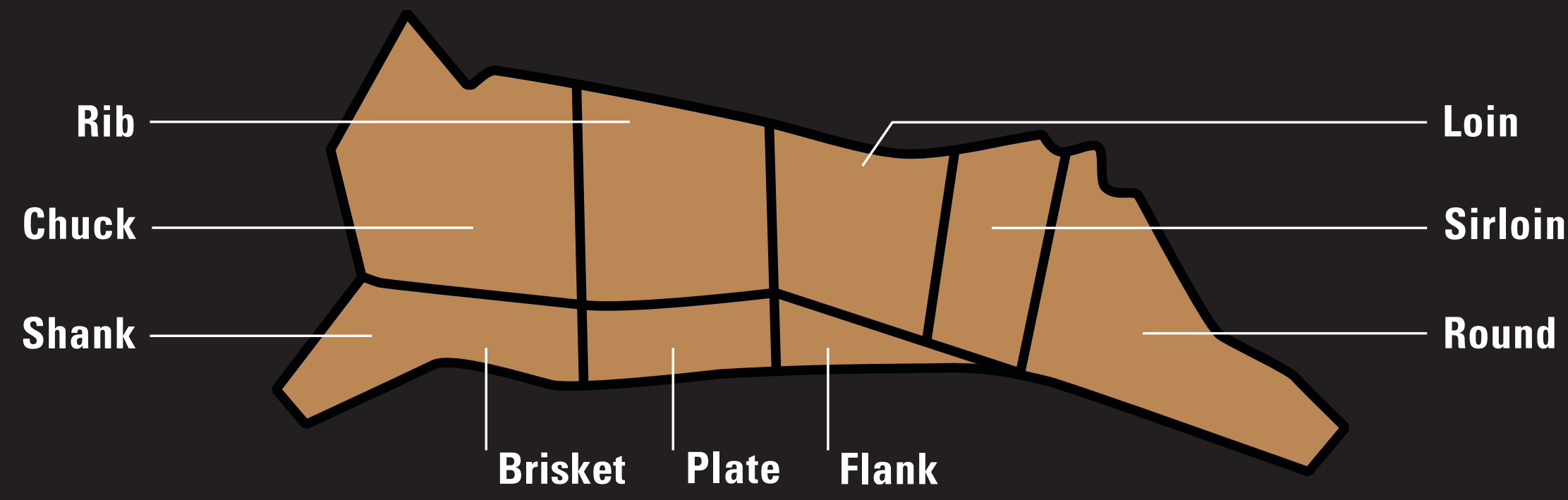


Beef Made Easy[®]

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



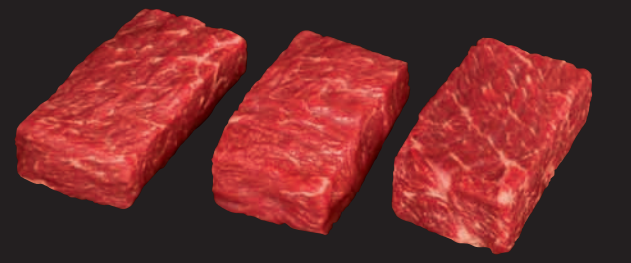
SHOULDER CENTER * Ranch Steak



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

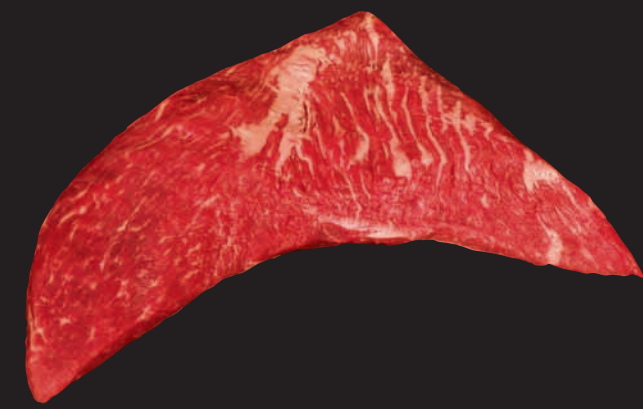


TENDERLOIN ROAST *



TENDERLOIN STEAK *

Sirloin



TRI-TIP ROAST *



TRI-TIP STEAK *



TOP SIRLOIN STEAK * Boneless

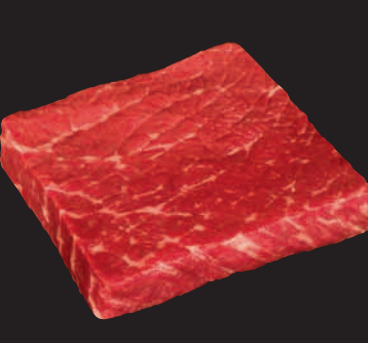
Round



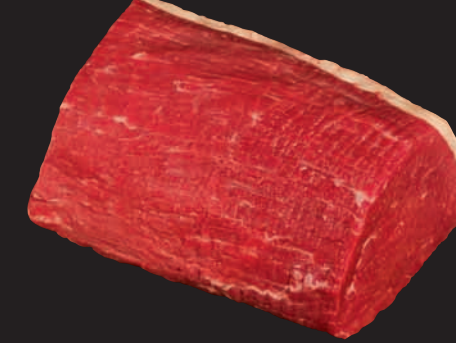
TOP ROUND STEAK *



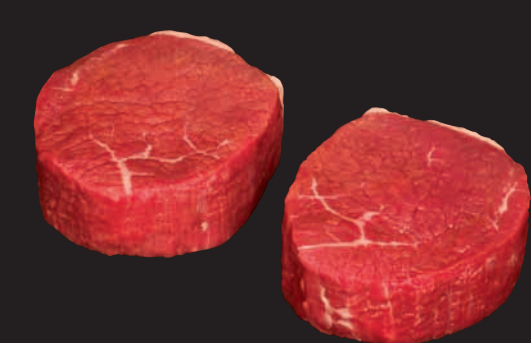
BOTTOM ROUND ROAST *



BOTTOM ROUND STEAK * Western Griller



EYE ROUND ROAST *



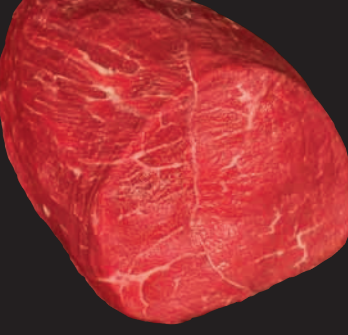
EYE ROUND STEAK *



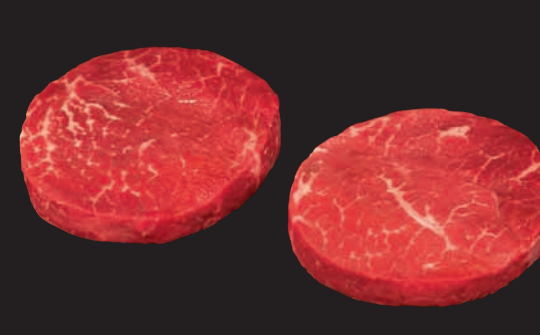
ROUND TIP ROAST *



ROUND TIP STEAK *



SIRLOIN TIP CENTER ROAST *



SIRLOIN TIP CENTER STEAK *



SIRLOIN TIP SIDE STEAK *

Shank and Brisket



SHANK CROSS CUT *

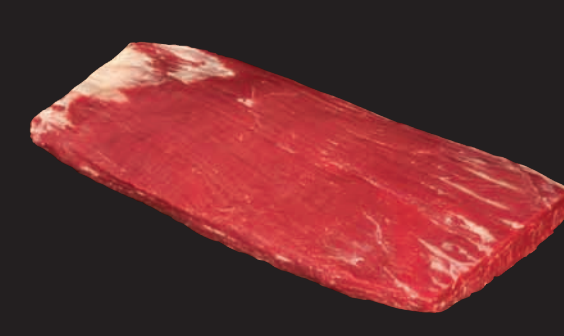


BRISKET FLAT CUT *

Plate and Flank



SKIRT STEAK

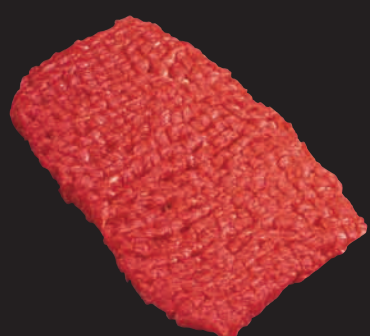


FLANK STEAK *

Other



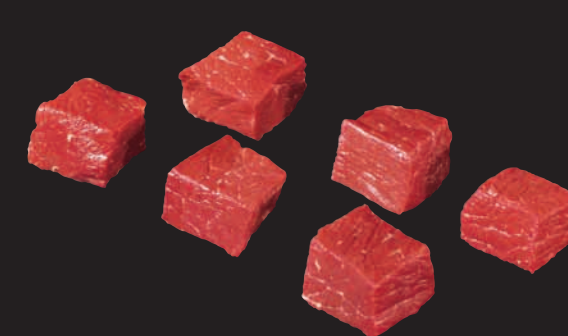
GROUND BEEF



CUBED STEAK



BEEF FOR STEW



BEEF FOR KABOBS



BEEF FOR STIR-FRY OR FAJITAS

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).