



CHUCK		RIB	LOIN	SIRLOIN	ROUND	INGREDIENT CUTS	
<b>Arm Chuck Roast</b> 	<b>Cross Rib Chuck Roast</b> 	<b>Ribeye Roast, Bone-In</b> 	<b>Porterhouse Steak</b> 	<b>Top Sirloin Steak</b>   LEAN 	<b>Top Round Roast*</b>   LEAN 	<b>Kabobs*</b> 	
<b>Arm Chuck Steak</b> 	<b>Shoulder Roast</b>   LEAN 	<b>Ribeye Steak, Bone-In</b> 	<b>T-Bone Steak</b> 	<b>Top Sirloin Petite Roast</b>   LEAN 	<b>Top Round Steak*</b>   LEAN 	<b>Stew Meat</b> 	
<b>Blade Chuck Roast</b> 	<b>Shoulder Steak*</b>   LEAN 	<b>Back Ribs</b> 	<b>Strip Steak, Bone-In</b>   LEAN 	<b>Top Sirloin Filet</b>   LEAN 	<b>Bottom Round Roast</b>   LEAN 	<b>Strips</b> 	
<b>Blade Chuck Steak*</b> 	<b>Ranch Steak</b>   LEAN 	<b>Ribeye Roast, Boneless</b> 	<b>Strip Steak, Boneless</b>   LEAN 	<b>Coulotte Roast</b> 	<b>Bottom Round Steak*</b>   LEAN 	<b>Cubed Steak</b> 	
<b>7-Bone Chuck Roast</b> 	<b>Flat Iron Steak</b> 	<b>Ribeye Steak, Boneless</b> 	<b>Strip Petite Roast</b>   LEAN 	<b>Coulotte Steak</b>   LEAN 	<b>Bottom Round Rump Roast</b>   LEAN 	<b>Ground Beef and Ground Beef Patties</b> 	
<b>Chuck Center Roast</b> 	<b>Top Blade Steak</b> 	<b>Ribeye Cap Steak</b> 	<b>Strip Filet</b>   LEAN 	<b>Tri-Tip Roast</b>   LEAN 	<b>Eye of Round Roast</b>   LEAN 	<b>Shank Cross-Cut</b>   LEAN 	
<b>Denver Steak</b> 	<b>Shoulder Petite Tender</b>   LEAN 	<b>Ribeye Petite Roast</b>   LEAN 	<b>Tenderloin Roast</b>   LEAN 	<b>Tri-Tip Steak</b>   LEAN 	<b>Eye of Round Steak*</b>   LEAN 		
<b>Chuck Eye Roast</b>   LEAN 	<b>Shoulder Petite Tender Medallions</b>   LEAN 	<b>Ribeye Filet</b>   LEAN 	<b>Tenderloin Steak (Filet Mignon)</b>   LEAN 	<b>Petite Sirloin Steak</b> 	<b>BRISKET</b>		<b>PLATE &amp; FLANK</b>
					<b>Brisket Flat</b>   LEAN 	<b>Skirt Steak*</b> 	
<b>Chuck Eye Steak</b> 	<b>Short Ribs, Bone-In</b> 			<b>Sirloin Bavette Steak</b> 	<b>Brisket Point</b> 	<b>Flank Steak*</b>   LEAN 	
<b>Country-Style Ribs</b> 						<b>Short Ribs, Bone-In*</b> 	

**KEY TO RECOMMENDED COOKING METHODS**

GRILL OR BROIL SKILLET STIR-FRY INDIRECT GRILLING

SLOW-COOKING ROAST SKILLET-TO-OVEN

\* MARINATE BEFORE COOKING FOR BEST RESULTS

**BEEF**

Funded by Beef Farmers and Ranchers

For more beef cuts information, visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

© 2018 Federation of State Beef Councils