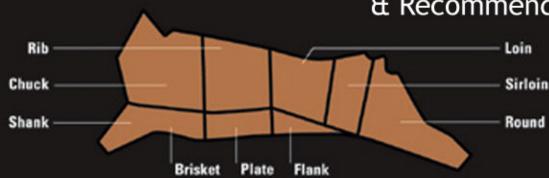
# Retail Beef Cuts

& Recommended Cooking Methods



#### Chuck



**CHUCK 7-BONE** POT ROAST



SHOULDER POT ROAST \* Boneless and



**CHUCK POT ROAST** Boneless ===



SHOULDER STEAK \* Boneless 📒 📹



**CHUCK STEAK** Boneless 📒 📹



SHOULDER CENTER \* Ranch Steak



**CHUCK EYE STEAK** Boneless =



SHOULDER PETITE TENDER \* == -



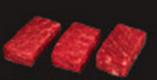
SHOULDER TOP BLADE STEAK -



SHOULDER TOP BLADE STEAK Flat Iron |



SHOULDER PETITE TENDER MEDALLIONS \*



**BONELESS SHORT RIBS** 

#### Rib



**RIB ROAST** 



**RIB STEAK** 



**RIBEYE ROAST** Boneless -



**RIBEYE STEAK** Boneless



Loin



**PORTERHOUSE** STEAK



T-BONE STEAK \*



**TOP LOIN STEAK \*** Bone-in



**TOP LOIN STEAK \*** Boneless -

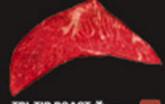


TENDERLOIN ROAST \*



TENDERLOIN STEAK \*

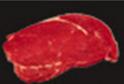
#### Sirloin



TRI-TIP ROAST \* - ==



TRI-TIP STEAK \*



**TOP SIRLOIN STEAK \*** Boneless ==

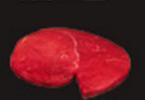
## Round



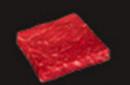
**ROUND TIP ROAST \*** 



**BOTTOM ROUND** ROAST \*



**ROUND TIP STEAK \*** 



**BOTTOM ROUND STEAK \*** Western Griller 📒 📹



SIRLOIN TIP CENTER ROAST \* -



**EYE ROUND ROAST \*** 



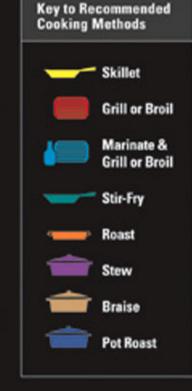
SIRLOIN TIP CENTER STEAK \* == -



**EYE ROUND STEAK \* (40)** 



SIRLOIN TIP SIDE STEAK \*



### **Shank** and **Brisket**



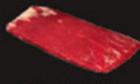
SHANK CROSS CUT \*



**Plate** and **Flank** 



SKIRT STEAK



FLANK STEAK \*

#### based on cooked servings with visible fat trimmed. Lean is defined as less than

\*These cuts meet government

guidelines for "lean" and are

**Other** 



**CUBED STEAK** 







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).