

Beef Cuts

AND RECOMMENDED COOKING METHODS



CHUCK		RIB	LOIN	SIRLOIN	ROUND	OTHER	
Blade Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak 	Top Round Steak* 	Kabobs* 	
Blade Chuck Steak* 	Shoulder Roast 	Ribeye Steak, Bone-In 	T-Bone Steak 	Sirloin Steak 	Bottom Round Roast 	Strips 	
7-Bone Chuck Roast 	Shoulder Steak* 	Back Ribs 	Strip Steak, Bone-In 	Top Sirloin Petite Roast 	Bottom Round Steak* 	Cubed Steak 	
Chuck Center Roast 	Ranch Steak 	Ribeye Roast, Boneless 	Strip Steak, Boneless 	Top Sirloin Fillet 	Bottom Round Rump Roast 	Stew Meat 	
Chuck Center Steak* 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast 	Coulotte Roast 	Eye of Round Roast 	Shank Cross Cut 	
Denver Steak 	Top Blade Steak 	Ribeye Cap Steak 	Strip Fillet 	Tri-Tip Roast 	Eye of Round Steak* 	Ground Beef and Ground Beef Patties 	
Chuck Eye Roast 	Petite Tender Roast 	Ribeye Petite Roast 	Tenderloin Roast 	Tri-Tip Steak 			
Chuck Eye Steak 	Petite Tender Medallions 	Ribeye Fillet 	Tenderloin Fillet 	Petite Sirloin Steak 	Brisket Flat 	Skirt Steak* 	
Country-Style Ribs 	Short Ribs, Bone-In 			Sirloin Bavette* 	Brisket Point 	Flank Steak* 	
 IT'S WHAT'S FOR DINNER. Funded by the Beef Checkoff.		KEY TO RECOMMENDED COOKING METHODS GRILL OR BROIL SLOW COOKING STIR-FRY ROAST SKILLET SKILLET-TO-OVEN * National Beef Cookin' for Life Program These cuts have the recommended guidelines for beef, based on weight, size, and recommended.					
						Short Ribs, Bone-In* 	