











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 LEAN 	Top Round Steak* LEAN 	Kabobs* 
Blade Chuck Steak* 	Shoulder Roast LEAN 	Ribeye Steak, Bone-In 	T-Bone Steak LEAN 	Sirloin Steak 	Bottom Round Roast LEAN 	Strips 
7-Bone Chuck Roast 	Shoulder Steak* LEAN 	Back Ribs 	Strip Steak, Bone-In LEAN 	Top Sirloin Petite Roast LEAN 	Bottom Round Steak* LEAN 	Cubed Steak 
Chuck Center Roast 	Ranch Steak LEAN 	Ribeye Roast, Boneless 	Strip Steak, Boneless LEAN 	Top Sirloin Filet LEAN 	Bottom Round Rump Roast LEAN 	Stew Meat 