



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

KEY TO RECOMMENDED COOKING METHODS

- Grilling
- Oven Roasting
- Stewing
- Braising
- Skillet-to-Oven
- Stir-Fry
- Broiling
- Skillet Cooking
- Pressure Cooking
- Indirect Grilling
- Smoking

*Marinate before cooking for best results

BEEF
Funded by Beef Farmers and Ranchers
© 2021 Cattlemen's Beef Board and National Cattlemen's Beef Association
ARMS#

LEAN
These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.
A cut of cooked beef meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3 1/2 oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).