Retail Beef Cuts and Recommended Cooking Methods

**Chuck**
- Chuck 7-Bone Pot Roast
- Chuck Pot Roast Boneless
- Chuck Roast Boneless
- Chuck Eye Steak Boneless
- Shoulder Top Blade Steak
- Shoulder Top Blade Steak Flat Iron
- Shoulder Pot Roast Boneless
- Shoulder Steak Boneless
- Shoulder Center Ranch Steak
- Shoulder Petite Tender Medallions
- Shoulder Petite Tender Butcher's Cut
- Boneless Short Ribs

**Rib**
- Rib Roast
- Rib Steak Boneless
- RIBEYE Roast Boneless
- RIBEYE Steak Boneless
- Back Ribs

**Loin**
- Porterhouse Steak
- T-Bone Steak Bone-in
- Top Loin Steak Boneless
- Top Loin Steak Boneless
- Tenderloin Roast
- Tenderloin Steak

**Sirloin**
- Tri-tip Steak
- Tri-tip Roast Boneless
- Top Sirloin Steak Boneless

**Round**
- Top Round Steak
- Bottom Round Roast Western Griller
- Eye Round Roast
- Eye Round Steak
- Round Tip Roast
- Round Tip Steak
- Sirloin Tip Center Roast
- Sirloin Tip Center Steak
- Sirloin Tip Side Steak

**Shank and Brisket**
- Shank Cross Cut
- Brisket Flat Cut
- Plate and Flank
- Skirt Steak
- Flank Steak

**Other**
- Ground Beef
- Cubed Steak
- Beef for Stew
- Beef for Kabobs
- Beef for Stir-Fry or Fajitas

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**Key to Recommended Cooking Methods**
- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir Fry
- Roast
- Stew
- Braise
- Pot Roast

*These cuts meet government guidelines for “lean” and are based on cooked servings with visible fat trimmed. Lean is defined as less than 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).