



Beef Top Sirloin Steak

Did you know?

A 3-ounce serving of Top Sirloin Steak is about 150 calories and a source of 10 essential nutrients – including protein, zinc, iron and B-vitamins – that are needed to fuel a healthy, active lifestyle. A 3-ounce serving is about the size of a smartphone.

Top Sirloin Steak

- One of the many beef cuts that meets USDA criteria for lean.
- To help you find lean beef cuts at the store, look for beef with Loin or Round in the name.
- A juicy and tender steak that's great for family meals and is delicious by itself or with almost any marinade, rub or sauce.
- Top Sirloin Steak may also be referred to as Sirloin Butt Steak and Top Sirloin Butt Center Cut Steak.
- A 3-ounce serving provides nearly half of the Daily Value for protein.
 - It often takes more than twice the calories to get the same amount of protein from beans, nuts and grains compared to beef.
 - Because protein promotes satiety, eating a protein-rich meal or snack makes you feel full longer.

3 Simple Steps for Pan-Broiling Beef

Stovetop skillet cooking (pan-broil) is a quick and easy way to cook a tender, juicy Top Sirloin Steak in less than 20 minutes.

- Step 1: Heat heavy nonstick skillet over medium heat for 5 minutes.
- Step 2: Remove steak from refrigerator and season as desired. Place steak in preheated skillet, don't add water or oil and leave uncovered.
- Step 3: Pan-broil a $\frac{3}{4}$ -inch thick Top Sirloin Steak 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Season to taste with salt and pepper.



Ground Beef (93% Lean or Leaner)

Did you know?

A 3-ounce serving of lean Ground Beef is about 150 calories and a source of 10 essential nutrients – including protein, zinc, iron and B-vitamins – that are needed to fuel a healthy, active lifestyle. A 3-ounce serving is about the size of a smartphone.

Ground Beef

- One pound of Ground Beef provides about four (3-ounce) cooked servings, and on average, you'll pay just about \$1 per serving.
- Ground Beef has more of many essential micronutrients such as B-vitamins, magnesium and zinc, and can be lower in calories, fat and cholesterol than ground turkey.
- A 3-ounce serving of cooked beef provides nearly half of the Daily Value for protein.
 - It often takes more than twice the calories to get the same amount of protein from beans, nuts and grains compared to beef.
 - Because protein promotes satiety, eating a protein-rich meal or snack makes you feel full longer.

3 Simple Steps for Skillet Cooking

Stovetop skillet cooking is ideal for Ground Beef. In a matter of minutes, you'll have a nutritious meal on the table the whole family can enjoy.

- Step 1: Choose 93% lean or leaner Ground Beef to reduce the fat content of the meal. For best results use a heavy nonstick skillet that's about 12 inches in diameter. This size allows for the beef to be browned without crowding the pan.
- Step 2: Remove Ground Beef from refrigerator. Heat large nonstick skillet over medium heat until hot.
- Step 3: Add Ground Beef. Cook 8 to 10 minutes. While cooking, break into ¾-inch crumbles and stir occasionally. When finished, remove drippings.

Note: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.