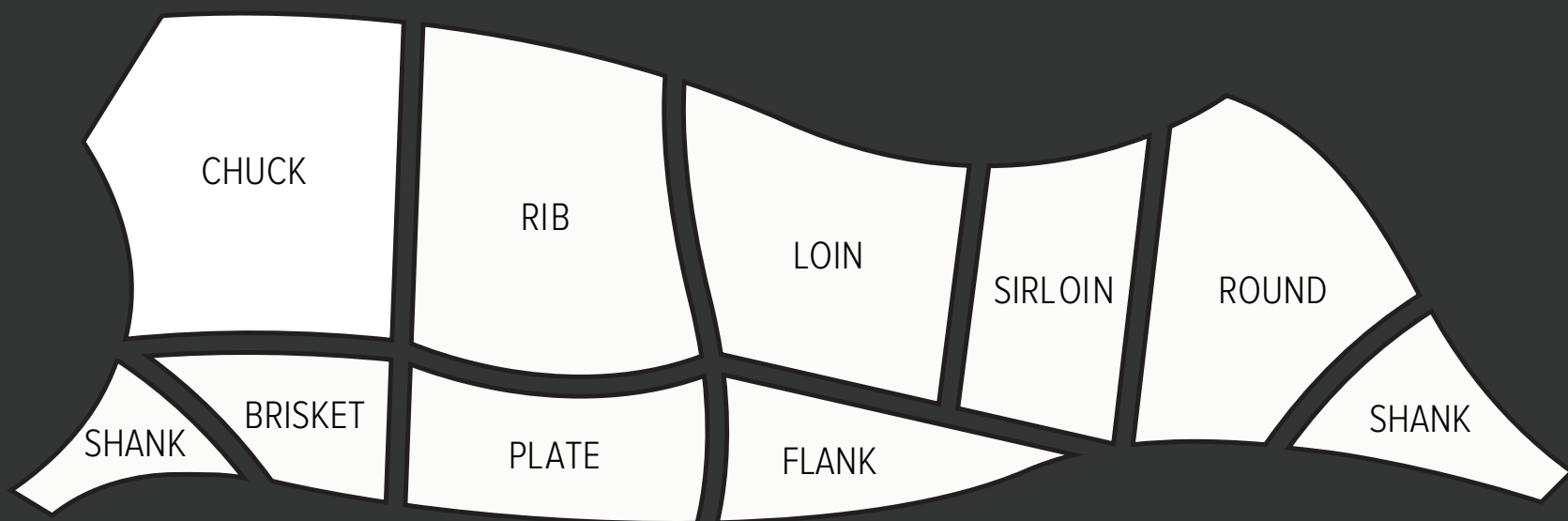




CHUCK		RIB	LOIN	SIRLOIN	ROUND	INGREDIENT CUTS	
Arm Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak LEAN 	Top Round Roast* LEAN 	Kabobs* 	
Arm Chuck Steak 	Shoulder Roast LEAN 	Ribeye Steak, Bone-In 	T-Bone Steak 	Top Sirloin Petite Roast LEAN 	Top Round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

KEY TO RECOMMENDED COOKING METHODS

GRILL OR BROIL PAN-BROIL / SKILLET STIR-FRY INDIRECT GRILLING

BRAISE / POT ROAST ROAST SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR BEST RESULTS

Find recipes for these cuts at

CHUCK KNOWSBEEF.COM

BEEF

Funded by Beef Farmers and Ranchers

© 2019 Federation of State Beef Councils 082319-04