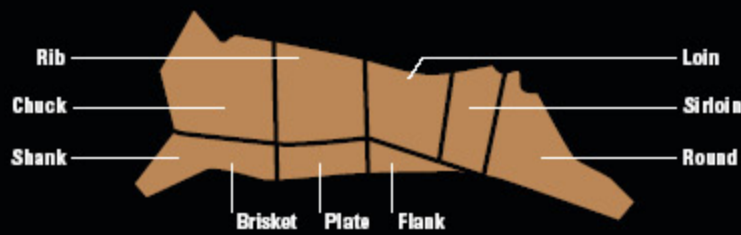


# Beef Made Easy<sup>®</sup>

## Retail Beef Cuts and Recommended Cooking Methods






















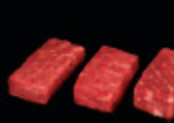



IT'S WHAT'S FOR DINNER.<sup>®</sup>



FUNDED BY AMERICA'S BEEF PRODUCERS

### Chuck

|                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>CHUCK 7-BONE POT ROAST</b><br>Boneless  | <br><b>CHUCK POT ROAST</b><br>Boneless                                                                                     | <br><b>CHUCK STEAK</b><br>Boneless   | <br><b>CHUCK EYE STEAK</b><br>Boneless   | <br><b>SHOULDER TOP BLADE STEAK</b>   | <br><b>SHOULDER TOP BLADE STEAK Flat Iron</b>   |
| <br><b>SHOULDER POT ROAST *</b><br>Boneless    | <br><b>SHOULDER STEAK *</b><br>Boneless   | <br><b>SHOULDER CENTER * Ranch Steak</b>                                                                              | <br><b>SHOULDER PETITE TENDER *</b>      | <br><b>SHOULDER PETITE TENDER MEDALLIONS *</b>                                                                           | <br><b>BONELESS SHORT RIBS</b>                                                                                                     |

### Rib

|                                                                                                                                                                                               |                                                                                                                                                                                               |                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>RIB ROAST</b><br> | <br><b>RIB STEAK</b><br> | <br><b>RIBEYE ROAST</b><br>Boneless  | <br><b>RIBEYE STEAK</b><br>Boneless   | <br><b>BACK RIBS</b><br> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Loin

|                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>PORTERHOUSE STEAK</b>   | <br><b>T-BONE STEAK *</b><br>  | <br><b>TOP LOIN STEAK * Bone-in</b>   | <br><b>TOP LOIN STEAK * Boneless</b>   | <br><b>TENDERLOIN ROAST *</b><br> | <br><b>TENDERLOIN STEAK *</b><br>  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



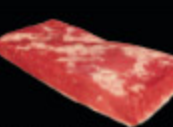

### Sirloin

|                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                   |                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>TRI-TIP ROAST *</b>   | <br><b>TRI-TIP STEAK *</b>  | <br><b>TOP SIRLOIN STEAK * Boneless</b>  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Round

|                                                                                                                                                                                                        |                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>TOP ROUND STEAK *</b><br> | <br><b>BOTTOM ROUND ROAST *</b>  | <br><b>BOTTOM ROUND STEAK * Western Griller</b>   | <br><b>EYE ROUND ROAST *</b><br>                                                                                             | <br><b>EYE ROUND STEAK *</b><br>  |
| <br><b>ROUND TIP ROAST *</b><br> | <br><b>ROUND TIP STEAK *</b><br> | <br><b>SIRLOIN TIP CENTER ROAST *</b>                                                                                                | <br><b>SIRLOIN TIP CENTER STEAK *</b>   | <br><b>SIRLOIN TIP SIDE STEAK *</b>                                                                                    |

### Shank and Brisket

|                                                                                                                                                                                                        |                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>SHANK CROSS CUT *</b><br> | <br><b>BRISKET FLAT CUT *</b><br> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Plate and Flank

|                                                                                                                                                                                                   |                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>SKIRT STEAK</b><br> | <br><b>FLANK STEAK *</b><br> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Other

|                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                  |                                                                                                                                                                                                    |                                                                                                                                                                                                       |                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>GROUND BEEF</b><br>  | <br><b>CUBED STEAK</b><br> | <br><b>BEEF FOR STEW</b><br> | <br><b>BEEF FOR KABOBS</b><br> | <br><b>BEEF FOR STIR-FRY OR FAJITAS</b>  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### 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).