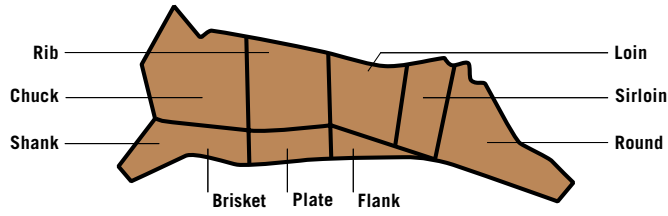
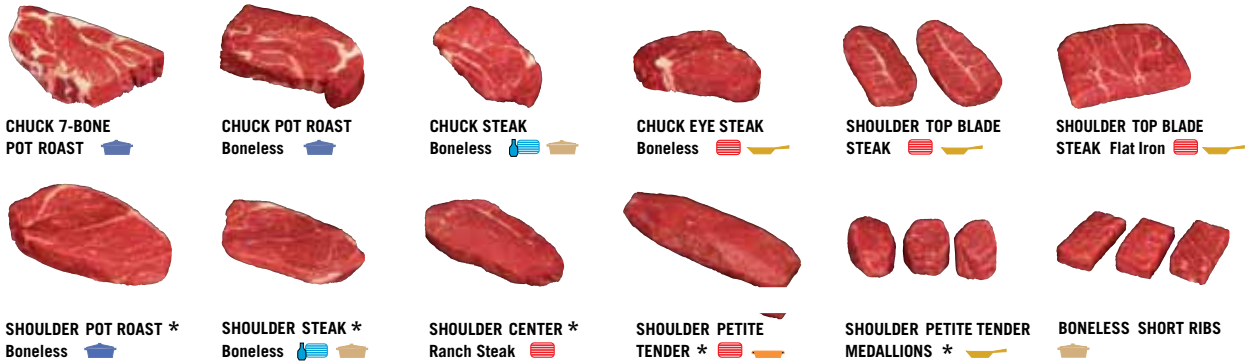


Beef Made Easy®

Retail Beef Cuts and Recommended Cooking Methods



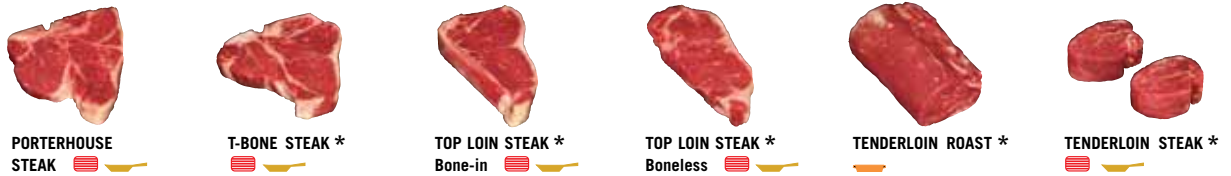
Chuck



Rib



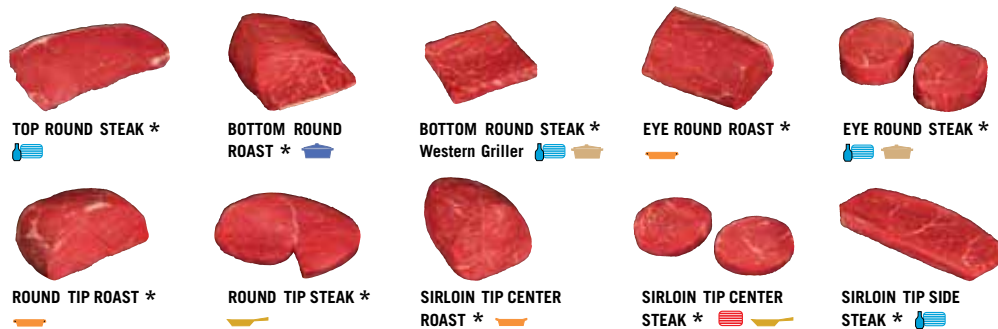
Loin



Sirloin



Round



Shank and Brisket



Other



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 g of total fat, 4.5 g of saturated fat, and less than 95 mg of cholesterol per serving and per 100g (3.5oz).