



CHUCK RIB LOIN SIRLOIN ROUND INGREDIENT CUTS

Arm Chuck Roast

Cross Rib Chuck Roast

Prime Rib Roast

Porterhouse Steak

Top Sirloin Steak | LEAN

Top Round* | 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

Tenderloin Tips

Chuck Eye Roast | LEAN

Shoulder Petite Tender Medallions | LEAN

Ribeye Filet | LEAN

Tenderloin Steak (Filet Mignon) | LEAN

Petite Sirloin Steak

Brisket Flat | LEAN

Inside Skirt*

Chuck Eye Steak

Short Ribs, Bone-In

Sirloin Bavette Steak

Brisket Point

Flank Steak* | LEAN

Brisket Point

Flank Steak* | LEAN

KEY TO RECOMMENDED COOKING METHODS



BRISKET PLATE & FLANK