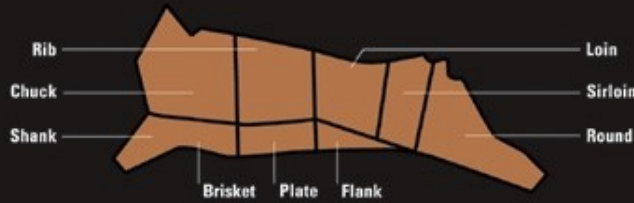


Beef Made Easy[®]

Retail Beef Cuts and Recommended Cooking Methods



IT'S WHAT'S FOR DINNER.[®]



Chuck



Rib



Loin



Sirloin



Round



Key to Recommended Cooking Methods

- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir-Fry
- Roast
- Stew
- Braise
- Pot Roast

Shank and Brisket



Plate and Flank



Other



*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).