

After learning about each cut, try preparing them yourself with these mouthwatering beef recipes.

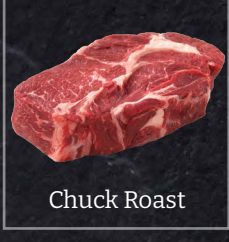
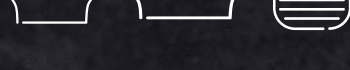
get cooking



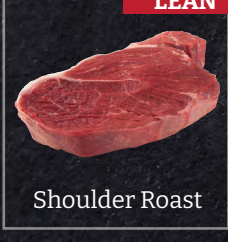
CHUCK

If you want rich, beefy flavor, the chuck is the way to go. Flex your culinary genius and nail your next roast, or try a convenient grill-ready option.

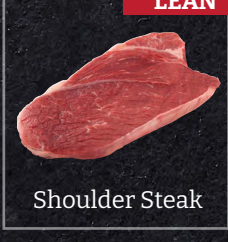
Cooking methods:



Chuck Roast



Shoulder Roast



Shoulder Steak



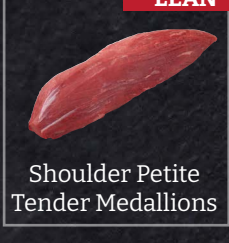
Flat Iron Steak



Top Blade Steak



Chuck Eye Roast



Shoulder Petite Tender Medallions



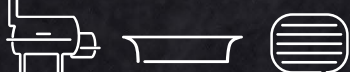
Country-Style Ribs



BRISKET

You don't have to be in Texas to enjoy the perfect brisket. Cook low and slow for delicious melt-in-your-mouth flavor that's sure to please any crowd.

Cooking methods:



Brisket Flat



Brisket Point



RIB

What's not to love about the rib? Ultra-tender and well-marbled, this primal is home to the ever-popular ribeye steak, the prime rib roast and other delicious cuts. Hungry yet?

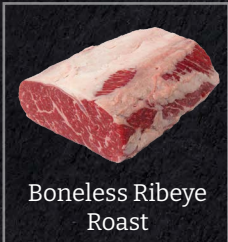
Cooking methods:



Ribeye Steak



Prime Rib Roast



Boneless Ribeye Roast



Back Rib



PLATE & FLANK

Marinated. Sliced. Grilled. Braised. No matter how you serve it, cuts from the plate and flank offer variety and flavor that any home chef can master.

Cooking methods:



Skirt Steak



Short Ribs



Flank Steak



LOIN

A well-loved primal and for good reason. The loin produces some of the most tender and popular cuts of beef – the perfect choice for your tried-and-true favorites.

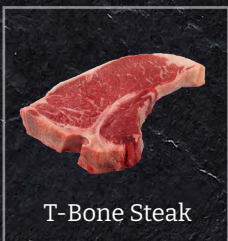
Cooking methods:



Tenderloin Steak (Filet Mignon)



Strip Steak,



T-Bone Steak



Porterhouse Steak



SIRLOIN

Hardy enough for a marinade yet flavorful enough for a little salt and pepper, cuts from the sirloin are great for a variety of cooking methods – try grilling, roasting, skillet cooking and more.

Cooking methods:



Tri-Tip Roast



Top Sirloin Steak



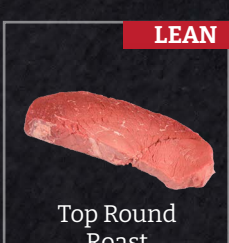
Top Sirloin Filet



ROUND

Create your best roast yet with the round primal. Try slicing against the grain and creating melt-in-your-mouth roast beef sandwiches.

Cooking methods:



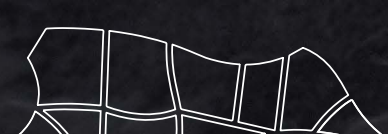
Top Round Roast



Bottom Round Roast



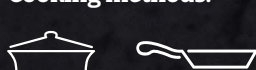
Eye of Round Roast



INGREDIENT CUTS

Versatility is key – these cuts are great for a variety of dishes that can be whipped up in a flash, including burgers, tacos, meat sauces and more.

Cooking methods:



Stew Meat



Cubed Steak



Ground Beef and Ground Beef Patties

find our beef cuts near you

where to buy

photos courtesy of Beef Checkoff

SOURCE: © 2021 Cattlemen's Beef Board and National Cattlemen's Beef Association ARMS#

LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed. A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3 1/2 oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).

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key to recommended cooking methods



braise

roast

grill

skillet



smoke



skillet-to-oven