

# COOKING METHODS FOR LEAN BEEF CUTS



	Grill or Broil	Marinate and Cook (grill, broil or panbroil)	Pan-Broil	Stir-Fry	Roast	Braise or Cook in Liquid
Eye Round Roast					●	●
Eye Round Steak		●		●		●
Sirloin Tip Side Steak		●		●		
Top Round Roast					●	
Top Round Steak		●		●		
Bottom Round Roast					●	●
Bottom Round Steak						●
Top Sirloin Steak	●		●	●	●	
Brisket, Flat Half						●
95% Lean Ground Beef	●		●		●	
Round Tip Roast					●	
Round Tip Steak			●	●		
Round Steak						●
Shank Cross Cuts						●
Chuck Shoulder Pot Roast						●
Sirloin Tip Center Roast					●	●
Sirloin Tip Center Steak	●		●	●		
Chuck Shoulder Steak		●				
Bottom Round (Western Griller) Steak		●				
Top Loin (Strip) Steak	●		●	●		
Shoulder Petite Tender	●				●	
Shoulder Petite Tender Medallions			●			
F flank Steak		●		●		●
Shoulder Center (Ranch) Steak	●		●	●		
Tri-Tip Roast	●				●	
Tri-Tip Steak	●		●	●		
Tenderloin Roast	●*				●	
Tenderloin Steak	●		●	●		
T-Bone Steak	●		●			

\*grill only