



EXTENSION

"MEAT" YOUR NEEDS

ALTERNATIVE BEEF CUTS FOR PLANNING YOUR MEAL

SHREDDING ROASTS



These cuts of meat are known for their rich beefy flavor and often have more intramuscular fat (marbling) making them ideal for slow-cooking and shredding.

- Chuck Roast
- Boneless Shoulder Arm Roast
- Bone-In Arm Roast
- 7-Bone Chuck Roast
- Blade Roast

CARVING ROASTS



Don't let these big lean cuts scare you, they are excellent for oven roasting and carving.

- Rump Roast
- Bottom Round Roast
- Top Round Roast
- Sirloin Tip Roast

TACOS & FAJITA MEAT



Fajitas are a family favorite and can be made from any of these cuts. They are thin and lean, yet very flavorful when marinated and grilled.

- Skirt Steak
- Flank Steak
- Sirloin Bavette

SMOKING CUTS



These cuts of meat are best for low and slow barbecuing or in a slow-cooker as they are generally tough and need some TLC.

- Brisket
- Picanha/Coulotte
- Tri-Tip



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STEAK SANDWICHES



Need a thin cut of beef for a sandwich? Any of these will work! They have rich beef flavor and are great for grilling.

- Flat-Iron Steak
- Thinly Sliced Bottom Round
- Thinly Cut Ribeye Steak
- Thinly Sliced Sirloin Tip
- Thinly Sliced Top Round

KABOBS



These roasts will give you the thickness needed for making great kabobs. They are flavorful and great for grilling.

- Sirloin Roast
- Sirloin Tip Roast

STEW BEEF



These cuts may have more connective tissue, but they are excellent for stew. Let these roasts simmer, become tender, and melt in your mouth.

- Boneless Shoulder Arm Roast
- Bottom Round Roast
- Sirloin Tip Roast
- Top Round Roast

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