



Meet the Top Five Most Popular Beef Cuts



For more simple meal ideas, nutrition information and cooking tips, visit BeefItsWhatsForDinner.com

Keep it simple. Make it memorable. We've all heard those age-old adages. So we're making it simple by introducing you to the top five most popular beef cuts.¹ Learn a little more about their personalities!

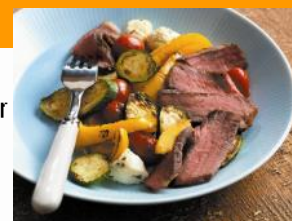
#1: Chuck Pot Roast



Also known as Chuck Under Blade Pot Roast, I'm the one you turn to for comfort food and I'm best when braised (cooked low and slow in liquid). Classic comfort food is what [Simple Savory Beef Pot Roast](#) is all about. Or spice up your plate with [Smoky Chipotle Pot Roast with Cornbread](#).

#2: Top Loin steak

With nicknames like New York Strip or Kansas City steak, you probably already know me, but **did you know I'm lean? I have a dynamic taste and personality, which I'll bring front and center** at your dinner table. [Sonoma Steaks with Vegetables Bocconcini](#) or [Grilled Steak and Plum Pizzettes](#) will be sure to please!



#3: Top Round steak



Nothing melts the stress of the day away like a relaxing marinade made with tenderizing ingredients like wine, pineapple, ginger or lime juice. Under all my flavor and versatility lies a lean cut that doesn't skimp on taste! Try me in a [Sumptuous Steak Stir-Fry](#) or [Caesar Steak Sandwiches](#).

#4: Top Sirloin steak

Think of me as the classmate who got voted "Most Likely to Succeed"...at everything. Whether cubed for kabobs, stripped in stir-fry or grilled straight up as a steak, people know they can count on me to be a good value that gets along with countless dishes—like [Italian Beef & Fennel Salad](#). As if I couldn't get any better—I'm lean too!



#5: T-Bone steak



They call me the Boss because I demand attention wherever I go! I'm great on the grill or broiled. Either way, I'll be ready to make a grand entrance...onto your dinner plate with nothing more than a simple [Lemon-Oregano Steak Rub](#). All that in a lean package—I'm not kidding!

The recipes mentioned above can be found at BeefItsWhatsForDinner.com

1. Freshlook Marketing Group, the leading U.S. source of grocery scanner data for meat and produce purchasing, 52 weeks ending 11/21/10.

