

The Ultimate Guide to
BEEF
COOKING & BEYOND



A CUT ABOVE

COMMON CUTS OF BEEF

Chuck: pot roast, flat iron steak

Brisket: brisket roasts

Rib: ribeye, prime rib, rib roast, back ribs

Short Loin: NY Strip, T-bone, Porterhouse

Tenderloin: filets, roasts, ribeyes

Sirloin: sirloin steaks

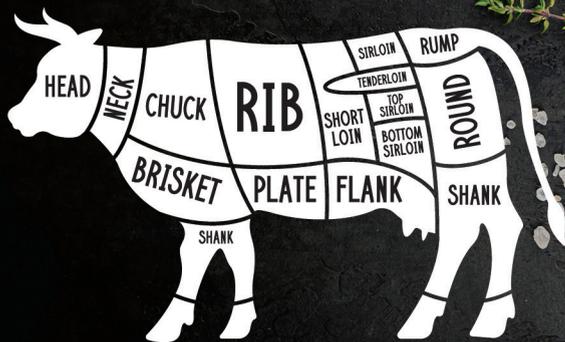
Round: ground beef, top round, bottom round

Rump: rump roasts

Plate: short ribs

Flank: flank steak

Front & Hind Shank: bone marrow



WHY TO INCLUDE BEEF ON YOUR PLATE

DID YOU KNOW?

Did you know that iron helps your body use oxygen? There are different types of iron, and beef contains heme iron which is more easily absorbed and used in your body than non-heme iron found in plants.¹



1 Serving = 3 oz

Key Nutrients Found in Beef²

% of daily values found in each 3 oz serving of beef!

- B12 – 101%
- Zinc – 53%
- Protein – 51%
- Selenium – 48%
- Niacin – 31%
- B6 – 28%
- Riboflavin – 19%
- Phosphorous – 16%
- Iron – 14%
- Choline – 13%

25g
PROTEIN

3 oz
*about the size of
a closed fist*



Strip Steak
160 CALORIES

Eye of Round Roast
140 CALORIES

Inside Skirt
200 CALORIES

¹: Office of Dietary Supplements - National Institutes of Health

²: USDA Agricultural Research Service

HOW TO SELECT BEEF

When shopping for beef, you may be overwhelmed by choices. Follow these general guidelines to make your trip to the store less stressful.

- Beef should always be a bright cherry-red color when raw. Beef in a sealed bag may appear darker purplish-red, which is normal.
- The package should be cold, firm, and have no tears or holes. Some liquid in the package is normal.
- Marbling is the little white specks of fat found in beef, and is completely normal. In fact, it's key for flavor!



KNOW YOUR LABELS:

1. **Antibiotic-Free:** All beef found in grocery stores is naturally antibiotic free. If any animal is given antibiotics during its lifetime, there is a strict withdrawal period before it can be processed.
2. **No Added Hormones:** All animals contain natural hormones. This label means that cattle were not given supplemental hormones that are regulated by the FDA and USDA and sometimes safely used in beef cattle.
3. **Grass-Fed:** Cattle spend their entire lives grazing and are never offered grain as a part of their diet.
4. **Organic:** Animals are fed 100% organic feed and forage and not administered antibiotics or hormones at any point during their lifetime. Organic does not indicate that the beef has any safety or nutritional attributes higher than conventional beef.



BREAKING IT DOWN: BEEF TENDERLOIN

Stretch a dollar further—learn how to turn a single tenderloin into delicious filets, roasts, ribeye cuts, and more! It is simple, satisfying, and seriously smart.

STEP 1



TIP END

BUTT END

STEP 2-4



STEP 5

STEAK STYLE

SANDWICH STYLE



CENTER CUT



OR



INSTRUCTIONS:

1. Begin by removing all excess fat, using your hands or a sharp knife.
2. Orient the tenderloin on the cutting board so the thinner end (tip end), is on the left, and the thicker end, (butt end), is on the right.
3. The chain is a thin strip of meat that is attached to the side of the tenderloin. Remove this but do not throw it out, this cut is perfect for stroganoff if cut into small pieces.
4. Next, remove the silverskin. This is the white shimmery layer of connective tissue that runs along the tenderloin. To do this, pull up a little edge of the skin on the tail end of the tenderloin and run a knife at an upward angle to separate it from the meat.
5. Now the tenderloin is ready to be cut into usable cuts. There are many ways a tenderloin can be broken down:

The tenderloin can be cut into 1 roast with a few steaks. Begin by cutting 3-4 2" steaks from both the tail end and the butt end. This should leave one 6-8" center cut roast.

The tenderloin can be cut into 1½" or 2" steaks without any roasts. The average beef tenderloin is 28" long, which would yield approximately 15 - 20 filets.

Looking for something besides a roast or steak? Cutting steaks into thinner slices (1-1½" thick) make great ribeye sandwiches. Cubing the meat into 1½" pieces for kababs or cutting into ½" x 3" strips for fajitas are also great family-friendly meal options!



STORING BEEF IN THE FREEZER

Purchasing beef in bulk from a local farmer is the best way to ensure your family stays stocked up! Typically, a quarter, a half, or a whole beef can be purchased to be kept in a freezer and used as needed.

When buying beef from the store, beef can be frozen in its original packaging for up to 2 weeks. If you want to extend the freezer life of beef, place it in a plastic freezer bag or wrap in heavy-duty aluminum foil.



For a quarter share of beef, expect around 110 lbs. of meat



For a half share of beef, expect around 220 lbs. of meat



For a whole beef, expect around 440 lbs. of meat

**The approximate weight will vary.*

STORING BEEF AT HOME

At home: Refrigerate or freeze your beef immediately.

- When storing beef in the refrigerator, place it on the lowest shelf possible on a plate to prevent any potential juices from leaking.
- Steaks and roasts should be used within 3-5 days and ground beef within 1-2 days.

Thawing frozen beef: Never thaw it at room temperature or in warm water. The best way to thaw frozen beef is to place it in the refrigerator which can take anywhere from 5-24 hours. Be sure to place it on a plate or tray to avoid leaking juices. To speed up this process you can place the wrapped meat in a bowl of cold water, changing out the water every 30 minutes.

When handling raw beef, always keep it separate from other foods. Wash all cooking utensils after using on raw beef. Wash hands thoroughly before cooking and always after touching raw beef.



NEED IT FASTER?

The USDA states beef can be thawed in the microwave, but it must be cooked immediately after thawing.

COOKED TO PERFECTION



Rare*
125°F

Medium Rare*
135°F

Medium
145°F

Medium Well
150°F

Well Done
160°F

BEEF CAN BE ENJOYED AT MANY DIFFERENT TEMPERATURES SO FOLLOW THIS GUIDE TO HELP YOU DECIDE.

Color should never be the determining factor of doneness when cooking beef. Be sure to use a meat thermometer during the cooking process to ensure the beef is cooked to the appropriate temperature to allow for maximum flavor. When using a meat thermometer, insert the probe into the thickest piece of beef, avoiding any skin or fat.

**USDA recommends pork and beef be cooked to a minimum internal temperature of 145°F and allowed to rest at least 3 minutes.*

CLASSIC BEEF CHEESEBURGER



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Few things taste better than a cheeseburger hot off of the grill.

Cut of Beef: Ground beef

Serving Size: 4

Prep & Cook Time: 30 minutes

Ingredients:

- 1 lb. ground beef or ground sirloin
- 4 slices of cheese – American or Swiss is recommended for meltability and flavor
- 4 hamburger buns
- Season to taste. 2-3 tsp. of a steak seasoning blend is recommended
- Toppings of choice (lettuce, tomato, onion, cooked bacon, and more!)

Directions:

1. In a large bowl combine ground beef and seasonings. Mix thoroughly. Shape into 4, ½ inch thick patties, roughly 3½ inches wide.
2. Preheat your grill to medium-high. Add burgers to grill and cook uncovered for 5 minutes per side. Ensure burgers reach an internal temperature of 160°F.
3. Once burgers are cooked, add sliced cheese to each burger and cook covered for 2-3 minutes until melted. Assemble burgers and add desired toppings. Enjoy!

Looking for a way to cook cheeseburgers inside? Burgers can be cooked following these directions inside on a seasoned cast-iron or non-stick skillet.



SLOW COOKER SHREDDED BEEF TACOS

SLOW COOKER SHREDDED BEEF TACOS



Cut of Beef: Chuck roast, either bone-in or boneless.

Serving Size: 10

Prep & Cook Time: 6 hours & 15 minutes

Ingredients:

- 3½ lb. chuck roast
- 1 small white onion, chopped
- 1 (14 ounce) can of green chilis
- 4 cloves of garlic, minced
- 1 poblano pepper, chopped
- 2 tsp. of cumin
- 2 tsp. chili powder
- ½ tsp. cayenne pepper
- 2 cups of beef broth
- Corn tortillas
- Mexican cheese
- Jalapenos
- Sour Cream

Directions:

1. In a large slow cooker, combine the onion, diced tomatoes, garlic, poblano pepper, cumin, chili powder, ground red pepper, and paprika. Whisk together. Add the beef.
2. Next add beef broth until it just covers the beef. This is the trick to really tender beef.
3. Turn the slow cooker on to low and let it work its magic for 6 hours.
4. After the 6 hours, remove the beef from the slow cooker, and place in a bowl. Using 2 forks, shred the meat. This is an easy task since the beef is so tender! Remove the bone if there is one.
5. Use a slotted spoon to scoop the onion, tomatoes, and peppers and some of the juices in the slow cooker over the shredded beef.
6. To assemble the tacos, fill corn tortillas with beef and add cheese, jalapenos, and sour cream on top. Enjoy!



