

How to Cook Lean Beef Cuts

A quick way to cut back on saturated fat is selecting lean cuts of beef. Because they have a lower fat content, it is important to choose the right cooking method for a juicy and flavorful end product.

Follow these steps for best results:

- 1. Select a lean cut of beef.** Cuts with "Loin" or "Round" in the name are labeled as "Select" or "Choice"
- 2. Tenderize** less tender cuts (most steaks with "Round" in the name) by pounding to an even thinness. Or plan to cook these cuts using a moist heat method. Marinating adds flavor and helps to prevent drying out during cooking.
- 3. Trim visible fat** before cooking.
- 4. Cook the cut** with an appropriate cooking method (see table below).

Type of Cut	Stir-fry	Pan-fry	Broil	Roast	Grill	Moist cook
Eye Round Steak		X*			X*	X
Eye Round Roast				X		X
Top Round Steak	X	X*	X*		X*	
Top Round Roast				X		
Round Tip Steak, thin cut	X	X				
Top Sirloin Steak	X	X	X		X	
Bottom Round						X
Top Loin Steak	X	X	X		X	
Tenderloin Steak	X	X	X		X	
Tenderloin Roast				X	X	
Flank Steak	X		X*		X*	X

*Marinate 6 hours or overnight

