

HOW MUCH TO BUY

The amount of beef you need to buy varies with the cut selected. Cooked yields per pound are related to the amount of bone, fat trim and cooking method. Refer to the following chart for helpful guidelines.

	TYPE OF BEEF	SERVINGS PER POUND <i>(3-ounce cooked, trimmed)</i>
STEAKS	Chuck Shoulder	3-1/2
	Shoulder Center (Ranch)	4
	Shoulder Top Blade (Flat Iron)	4
	Chuck Top Blade	3
	Shoulder Petite Tender Medallions	4
	Flank	4
	Porterhouse/T-Bone	2-1/2
	Rib	2-1/2
	Ribeye	3
	Bottom Round Steak (Western Griller)	4
	Round Sirloin Tip Center	4
	Round Sirloin Tip Side	4
	Round Tip, <i>thin cut</i>	4
	Tenderloin	4
	Top Loin, <i>boneless</i>	4
	Top Round	4
Top Sirloin, <i>boneless</i>	4	
ROASTS	Eye Round	4
	Ribeye	3
	Shoulder Petite Tender	4
	Rib	2-1/2
	Round Tip	4
	Tenderloin	4
	Tri-Tip	4
POT ROASTS	Arm, <i>boneless</i>	3
	Blade, <i>boneless</i>	3
	Brisket	2-1/2 to 3
	Shoulder, <i>boneless</i>	3
OTHER CUTS	Beef for Stew	2-1/2 to 3
	Ground Beef	4
	Shank Cross Cuts	1-1/2 to 2-1/2
	Short Ribs	1-1/2 to 2-1/2
	Short Ribs, <i>boneless</i>	2-1/2 to 3