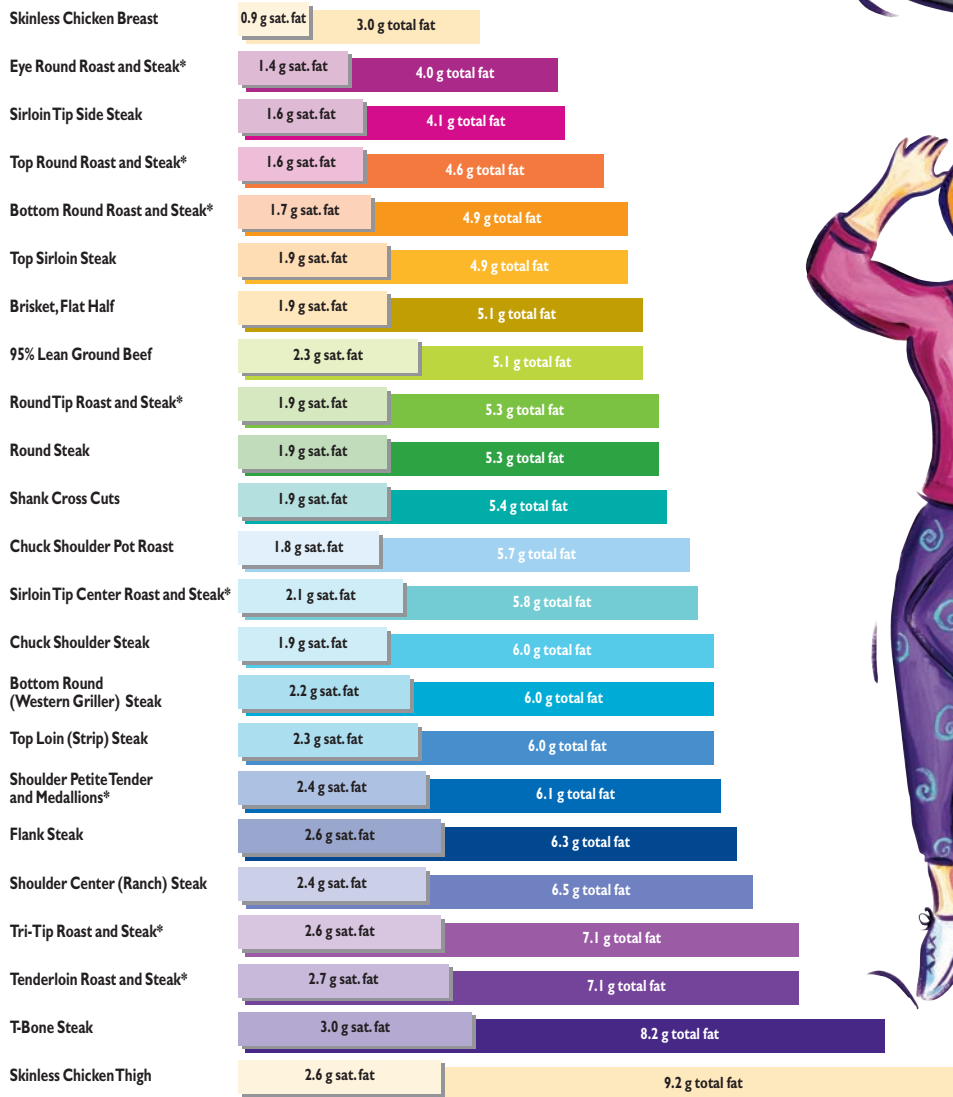


Now, you can “go lean” with your favorite protein!

There are 29 cuts of nutrient-rich lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

Government guidance encourages consumers to go lean with protein. America’s beef producers have heard this important message and are responding with leaner beef products to fuel a healthy and active lifestyle. According to USDA data, many beef cuts are 20% leaner, on average, than the data indicated just 15 years ago.

Twenty-nine Ways to Love Lean Beef



Lean: less than 10g of total fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving and per 100 grams. Source: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Based on cooked servings, visible fat trimmed.

*Cuts combined for illustration purposes.

Cooking Secrets

Make sure your lean cuts of beef are not only nutritious, but also tasty and tender, by choosing an appropriate cooking method that fits the cut.

Tender cuts from the rib and loin are best cooked by dry cooking methods, like roasting, broiling, stir-frying and grilling. Lean cuts ideal for this cooking method include top sirloin, strip steak, T-Bone steak and tenderloin. A flavoring marinade is used with tender beef cuts for only a short time—15 minutes to 2 hours.

For less tender cuts of meat, use moist heat cooking methods to release the delicate and natural beef flavors. Choose cuts like round roast, shoulder roast, and flat half brisket. Cook under cover when braising, pot-roasting, or stewing.

Three Easy Steps to Moist Heat Cooking

- After lightly coating with seasoned flour, slowly brown beef on all sides in a small amount of oil. Pour off drippings and season as desired.
- Add liquid, such as broth, water, juice, beer and/or wine, to the pan. Bring it to a boil and reduce heat. For roasts, use a small amount of liquid (1/2 to 2 cups). For stews and soups, use at least enough liquid to cover the beef.
- Cover tightly and simmer gently over low heat on top of the range, or in a preheated 325°F oven, until the beef is fork-tender.



Tips for Cooking “Lean”

- Trim external fat from beef before cooking and other visible fat before eating.
- Limit use of added flour, sugar, fats, sauces, or gravies in cooking.
- Remove drippings after browning beef for stews, pot roast or ground beef.



Simple Savory Beef Pot Roast

Ingredients:

- 1 boneless beef chuck blade pot roast (2-1/2 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup Burgundy or dry red wine
- 2 tablespoons minced garlic
- 3 cups frozen vegetable blend (any variety)
- 1 tablespoon chopped fresh thyme
- Salt
- Prepared mashed potatoes (optional)
- Additional fresh thyme (optional)

Instructions:

1. Spray stockpot with cooking spray; heat over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper.
2. Add wine and garlic to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.
3. Remove pot roast; keep warm. Skim fat from cooking liquid; bring to a boil. Reduce heat to medium; cook 5 minutes. Add frozen vegetables to stockpot; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are tender and liquid is reduced slightly. Stir in 1 tablespoon thyme. Season with salt, as desired.
4. Carve pot roast into thin slices; serve with vegetable mixture and mashed potatoes, if desired. Garnish with additional thyme, if desired.

Makes 6 servings.



Nutrition information per serving: 341 calories; 15g fat (6g saturated fat; 6g monounsaturated fat); 113mg cholesterol; 308mg sodium; 13g carbohydrate; 3.0g fiber; 36g protein; 3.9mg niacin; 0.5mg vitamin B₆; 2.6mcg vitamin B₁₂; 4.9mg iron; 28.8mcg selenium; 11.0mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; a good source of fiber and niacin.

Eat Moderate Portion Sizes



MyPyramid recommends 5 to 7 ounces per day from the Meat and Beans Group, depending on your age, gender and activity level. An appropriate portion size for a meal is 2 to 3 ounces of cooked lean beef. Generally, 4 ounces of raw meat reduces to 3 ounces cooked.



Without a food scale, it can be hard to judge the size of a steak or burger. But there are simple ways to visualize a 3-ounce cooked portion of meat. For example, a 3-ounce portion of steak or hamburger is about the size of a deck of cards or a hockey puck. Remember that your portion sizes of meat may vary throughout a day or week; just be sure to keep tabs of your total meat consumption so you average the recommended 5 to 7 ounces per day.

Find delicious, nutritious, triple-tested recipes, beef nutrition facts, and information on buying and cooking beef on



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