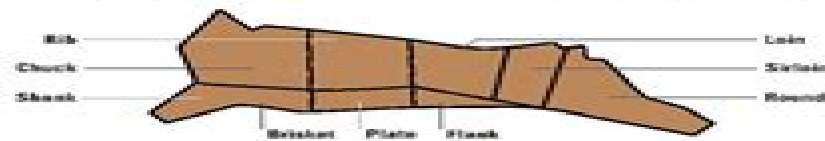


# Beef Made Easy<sup>®</sup>

Retail Beef Cuts and Recommended Cooking Methods



**BEEF**  
IT'S WHAT'S FOR DINNER.

## Chuck



CHUCK 3-BONE  
POT ROAST



CHUCK POT ROAST  
Boneless



CHUCK STEAK  
Boneless



CHUCK EYE STEAK  
Boneless



SHOULDER TOP BLADE  
STEAK



SHOULDER TOP BLADE  
STEAK Flat Iron



SHOULDER POT ROAST  
Boneless



SHOULDER STEAK  
Boneless



SHOULDER CENTER  
Kneeh Steak



SHOULDER PETITE  
TENDER



SHOULDER PETITE TENDER  
MEDALLIONS



BONELESS SHORT RIBS

## Rib



RIB ROAST



RIB STEAK



RIBEYE ROAST  
Boneless



RIBEYE STEAK  
Boneless



BACK RIBS

## Loin



PORTERHOUSE  
STEAK



T-BONE STEAK



TOP LOIN STEAK  
Bone-In



TOP LOIN STEAK  
Boneless



TENDERLOIN ROAST



TENDERLOIN STEAK

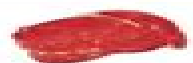
## Sirloin



TRI-TIP ROAST



TRI-TIP STEAK



TOP SIRLOIN STEAK  
Boneless

## Round



TOP ROUND STEAK



BOTTOM ROUND  
ROAST



BOTTOM ROUND STEAK  
Western Griller



EYE ROUND ROAST



EYE ROUND STEAK



ROUND TIP ROAST



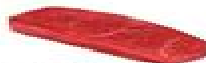
ROUND TIP STEAK



SIRLOIN TIP CENTER  
ROAST



SIRLOIN TIP CENTER  
STEAK



SIRLOIN TIP SIDE  
STEAK

## Shank and Brisket



SHANK CROSS CUT



BRISKET FLAT CUT

## Plate and Flank



SHORT STEAK



FLANK STEAK

## Other



GROUND BEEF



CUBED STEAK



BEEF POT STEW



BEEF POT KABOBS



BEEF FOR STIR-FRY  
OR FLATTAS



\* These cuts meet government guidelines for "lean" and are based on cooked weight. Labels available for reference.

Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 80 milligrams of cholesterol per serving and per 100 grams (3.5 oz.).

# Meat Cooking Made Easy

**Dale Williams**



## **Meat Cooking Made Easy:**

**Meat Cooking Made Easy** Marshall Cavendish, 1979      Jamaican Cooking Made Easy GetJamaica. Com, 2008-02 Enjoy a Jamaican recipe for every day and season of the year Volume I of Jamaican Cooking Made Easy is the largest compilation of Jamaican recipes packed with new and flavorful dishes along with the traditional ones will put your taste buds to work enjoying every unique blend of herbs and spices Chef Trevor Blake Cooking Tutor Cayman Islands As an experienced chef of over 27 years this is the first truly authentic Jamaican recipe book that I have used I recommend it to my students and use it in lessons as it uses very simple ingredients to create masterpiece Jamaican dishes a must have for cooks and chefs all over the world      Caribbean Cooking Made Easy Dale Williams, 2014-08-22 In creating this book I wanted to look back at how these dishes were prepared This form of cooking is now a dying art I hope that by creating this book I can allow people to enjoy true Caribbean cooking in the way it is done in the region I will definitely be creating more cookbooks in this Made Easy series      *RV Cooking Made Easy* Heather Schlueter, 2022-03-01 Now RVers can enjoy all the pleasures of home cooking while they re on the road with 100 simple recipes that beautifully address the unique challenges of cooking in an RV Finally here is a cookbook that addresses the unique challenges of cooking in an RV Storage and countertop space is limited power consumption is always a concern water usage is critical refrigerator and pantry space is at a premium and a small propane cooktop and oven are often the only options for cooking in an RV The author confidently manages all of those challenges with 100 easy to make recipes that brilliantly exploit a minimal numbers of ingredients and pots and which deliver delicious comforting easy to clean up meals Now RVers can enjoy all the conveniences of home cooking while they re on the road      Cooking Made Easy Edited, 1994      *Low-Sodium Cooking Made Easy* Dick Logue, 2022-11-29 Hundreds of simple flavor filled recipes to make the transition to a low sodium diet easy and delicious Adapted from 500 Low Sodium Recipes by Dick Logue Low Sodium Cooking Made Easy will help you make the journey into a low salt regimen that puts flavor first If you ve recently been prescribed a low sodium diet to improve your heart and or kidney health adapting to this new lifestyle doesn t have to be punishing This cookbook offers a plethora of delicious recipes that are easy to make at home even if you have forever been a fast food take out junkie and have little to no experience with cooking for yourself You will not only learn the basics of low sodium cooking but you will learn to cook shop and enjoy your new lifestyle without sacrificing taste Low Sodium Cooking Made Easy offers A comprehensive introduction to a low sodium diet Learn how to keep track of your sodium intake read labels find and use low sodium ingredients and alternatives use spice blends and seasonings to enhance flavor and replace common high sodium foods and ingredients with healthier alternatives you can easily make at home A diverse range of recipes for every occasion With easy to make recipes for everything you love to eat including Chicken Pot Pie Honey Glazed Spareribs Cheddar Biscuits Balsamic and Maple Salmon Focaccia Bread Devil s Food Cake and more Nutrition information for every recipe Each recipe includes a nutritional analysis to make it simple for you to keep on track

with your low sodium diet A low sodium lifestyle can be delicious and healthy with this resource at your fingertips

**Cooking Made Easy** John Burdick, Smithmark Staff, Smithmark Publishing, 1994-03     **Tropical Cooking Made Easy** Maria Perez, 2007-10 I have always dreamed of writing a very special cookbook that will reflect the food of my native island filled with recipes that are as unique as their history Simple to make and easy to understand with ingredients accesible in any grocery store I also wanted to include useful information on the Carribbean ingredients used in the recipes a little bit of history and inspirational quotes to ponder while cooking I wanted to make your cooking experience as if your kitchen were located in the tropical island of Puerto Rico The food of my island is a blend of Spanish Indian European and African ingredients This food has a very unique taste with plenty of flavor and zest This uniqueness of our food is one of the best reasons to make this cookbook a part of your collection Tropical Cooking Made Easy gives you the origin of the island cuisine the hows and wheres of the ingredients used in all of the recipes illustrative photos information on herbs and condiments definitions item name pronounciation a section that describes in detail food items with their scientific names and nutritional and natural values The easy to use index makes the recipes easy to find Each recipe is well organized easy to read easy to follow easy to make No confusing abbreviations Instructions are numbered so that you can avoid errors in preparation Each recipe includes tricks of the trade and traditional solutions that clarify preparation instructions Try our Pigeon Peas Rice Arroz con Gandules Galician Broth Caldo Gallego Paella Spanish Style Pork Roast Lechon Asado Plononos Spanish Style Steak with Onions Biftec Encebollado and Spanish Custard I invite you to browse the pages of Tropical Cooking Made Easy to meet a new world of island cuisine     *One-Button Cooking Made Simple* Maggie O. Hara, 2025-08-12 Tired of spending hours in the kitchen and still wondering what s for dinner Say goodbye to cooking stress and hello to fast flavorful and foolproof meals ready with the push of a button One Button Cooking Made Simple is your all in one solution to easy delicious and healthy home cooking using your Instant Pot slow cooker and air fryer Designed for busy families beginners and anyone who craves real food without the daily struggle this cookbook delivers over 100 dump and start recipes that minimize prep maximize flavor and work perfectly with your schedule Whether you re a working parent a meal prep enthusiast or simply tired of takeout you ll discover how to use your favorite appliances to create crave worthy dishes that practically cook themselves Inside this time saving cookbook you ll learn how to Make comforting weeknight dinners using one button no saut ing no browning no stress Master freezer friendly recipes for effortless meal prep and future planning Choose when to use your Instant Pot slow cooker or air fryer for best results Use the dump and go method to cook healthy meals with minimal cleanup Cook family favorites like Creamy Tuscan Tortellini Slow Cooker Pot Roast Air Fryer Chicken Tenders and Vegan Lentil Curry Follow full weekly meal plans and shopping lists to take the guesswork out of dinner What makes this book different from other slow cooker or Instant Pot cookbooks Multi appliance approach Combines the best of Instant Pot Crockpot and Air Fryer in one volume Truly dump and start recipes No complicated prep or stove top steps before starting

Kid approved and family tested Real meals that picky eaters and busy parents will love Nutrition conscious choices Balanced meals made from whole food ingredients Freezer to cooker instructions Perfect for batch cooking and stress free weeknights Perfect for working professionals health conscious eaters beginners and multitasking parents this book brings back the joy of cooking without the burden If you re ready to eat better save time and finally enjoy weeknight cooking then this is the cookbook your kitchen has been waiting for **Smoking Meat Made Easy** Amanda Mason,2020-10-06 Easy recipes for smoking meat that anyone can make at home no experience required Whether you re new to the practice or just want to brush up on the basics Smoking Meat Made Easy is your ultimate guide to backyard smoking Master the most flavorful techniques with dozens of options that are easy to follow and work with any type of smoker From beef and pork to poultry and fish these recipes are sure to please any palate and clear instructions will ensure success as you read up on the art and science of smoking Smoking Meat Made Easy includes Smoking meat 101 Learn everything from choosing the right wood to preparing your smoker controlling the temperature and even smoking on a regular BBQ grill Simply smoked These recipes are designed to require nothing but your favorite meat a simple smoker setup and several hours of smoke time Build your skills The recipes in each chapter get progressively more challenging so you can decide which level of smoking you re ready to take on It s simpler than ever to get perfectly smoked meat at home with Smoking Meat Made Easy *Cooking Made Simple* Paul S Shaw,2019-01-09 Modular recipes that can be used as building blocks to form good simple meals that will sustain everyone This is a book of tried and tested recipes that are cost effective wholesome scalable and will meet the needs of the average family on a budget If you have never cooked before or you a have limited knowledge of cooking or you are competent around the kitchen This is a usable book that will become the main recipe book in many a domestic kitchen

Gluten-Free Cooking Made Easy: Jonathan K. Hari,2025-06-23 Gluten Free Cooking Made Easy Tasty Recipes for a Healthy Allergy Free Diet Going gluten free doesn t mean sacrificing taste texture or the joy of cooking Whether you re managing celiac disease gluten intolerance or simply choosing a healthier lifestyle this book is your ultimate guide to mastering the art of gluten free cooking with ease and confidence Inside This Book You ll Discover Understanding Gluten What It Is and Why It Matters The Gluten Free Pantry Essential Ingredients and Substitutes Kitchen Prep Avoiding Cross Contamination Baking Without Gluten Breads Muffins and More Hearty Main Courses Filling and Flavorful Dinners Meal Planning and Grocery Shopping Tips Eating Out and Traveling Gluten Free Packed with delicious foolproof recipes essential cooking techniques and practical tips for navigating a gluten free kitchen this book takes the guesswork out of gluten free living From hearty breakfasts and satisfying lunches to indulgent desserts you ll find everything you need to create flavorful nourishing meals without the gluten Scroll Up and Grab Your Copy Today **Sous Vide Cooking Made Simple** Christina Wylie,2020-09-22 In Sous Vide Cooking Made Simple Anova sous vide recipe developer Christina Wylie presents 70 recipes for perfectly cooked meals and desserts using this revolutionary cooking device **Kid-Friendly Cooking Made Simple:**

**50 Fun, Easy Recipes for Every Meal** Julian Soto, 2025-09-06 End the mealtime struggle with delicious recipes your kids will actually eat This cookbook is your solution for making family meals simple fun and stress free Kid Friendly Cooking Made Simple features 50 easy recipes designed for busy families From quick breakfasts to satisfying dinners every dish is created to be loved by children and adults alike Say goodbye to picky eaters and hello to happy family dinners This book helps you save time and reduce worry in the kitchen You can finally make one meal that everyone at the table will enjoy Inside this guide to easy family meals you will find 50 Fun and Easy Recipes Discover go to meals for breakfast lunch and dinner Make everything from fluffy pancakes and creative sandwiches to simple pasta dishes and tasty chicken dinners Uses Simple Ingredients Every recipe calls for common easy to find ingredients from your local grocery store making shopping and preparation simple Quick for Busy Weeknights The straightforward instructions are perfect for parents with limited time Get a delicious kid approved meal on the table without the fuss Encourages Kids to Help The simple steps are perfect for getting your children involved in the cooking process which can make them more excited to eat This cookbook is the perfect tool for any parent looking to bring peace and joy back to the dinner table It is an excellent gift for families with young children Get your copy today and make mealtime your family s favorite time of the day Japanese Cooking Made Simple Salinas Press, 2014-04-29 Easier and tastier than ordering out make authentic Japanese recipes at home Cooking a wide variety of Japanese meals doesn t have to require a lot of effort multiple cookbooks and guesswork Here s the key to making delicious Japanese food at home tonight People love Japanese cuisine but very few prepare it themselves Japanese Cooking Made Simple provides the basic techniques and recipes that unlock your ability to prepare delicious authentic Japanese meals to enjoy with friends and family at home without requiring significant investments in time and money to do so Japanese Cooking Made Simple contains more than 100 easy to follow authentic Japanese recipes with ingredients you can find in your local grocery store Sushi and bento boxes will become part of your weeknight meals as will Ramen with Braised Pork Belly Tempura Soba Fried Tofu in Broth California Rolls Pan Broiled Salmon with Scallions Chicken Yakitori and Green Tea Ice Cream Step by step instructions and illustrations will have you preparing sushi including norimaki and temaki with ease Color photos help you put a beautiful Japanese dish on the plate In Japanese Cooking Made Simple Salinas Press has once again created a cookbook that provides home chefs not only with a wide variety of delicious recipes to choose from but also the simple tools to make it easy **Cooking Light Pressure Cooking Made Simple** The Editors of Cooking Light, 2016-07-15 Pressure cookers are making a comeback Ready to try this handy device Learn everything you need in Cooking Light s complete guide to making the most of your pressure cooker Today s pressure cooker is safe easy to use and helps you prepare a homemade meal in a fast food time frame In Pressure Cooking Made Simple you ll find brand new one pot recipes along with valuable advice on buying a pressure cooker a visual guide for mastering essential techniques and pro tips on storage maintenance and more The crowdpleasing collection of 140 recipes many of which can be prepared in 30

minutes or less includes both family favorites and fresh weeknight dishes such as Braised Beef Short Ribs Chicken Cacciatore Red Beans and Rice Roasted Almond and Apple Quinoa and Individual Chocolate Cheesecakes The experts at Cooking Light have tested each recipes to ensure perfect results every time With Pressure Cooking Made Simple at your side you ll discover the joy of flavorful slow cooked foods made in half the traditional cooking time *Asian Cooking Made Simple* Habeeb Salloum,2014 A love of Asian foods and a desire to provide simple ways to cook them drove prolific food writer Habeeb Salloum to write *Asian Cooking Made Simple* A Culinary Journey along the Silk Road and Beyond This latest release from Sweetgrass Books details how to cook up the tastiest Vietnamese pho noodle soup how to add a little Szechuan spice to dinnertime and how to create mouthwatering Indian curries and Middle Eastern kebabs The book itself complete with color photographs of the dishes is a journey across half the world starting in China and working westward to the Mediterranean

Cooking Made Simple ,2007

**The New Diabetic Cooking Made Easy** Virginia M. Donahoe,1973

**Chinese**

**Cooking Made Easy** Daniel Reid,2012-02-07 Discover how easy it is to create mouthwatering Chinese cuisine in your own kitchen with this easy to follow Chinese cookbook Chinese cooking is easily prepared as most ingredients can be readily purchased from general food stores supermarkets and even online Chinese Cooking Made Easy features a selection of 55 delicious Chinese dishes that are easy to prepare at home and light and healthy too Learn to use the wok to cook all kinds of Chinese food from stir frying to deep frying braising to making sauces this versatile pan is a staple in Chinese cooking Clear recipes step by step photographs and a glossary of ingredients ensure fantastic results every time Enjoy Northern Chinese classic favorites like Pot Sticker Dumplings Black Bean Sauce Noodles Five Spice Beijing Spareribs There s also a guide to preparing Taiwanese favorites like Oyster Omelet Rice Vermicelli Soup with Oysters Diced Chicken with Dried Chilies Chicken Braised in Wine and Sesame San Bei Ji Along with these wonderful recipes are dishes that are a source of health for you and your family fortifying dishes such as Lingzhi Lean Pork Soup Chicken Stewed with Ginseng and Red Dates Pork Soup with Cordyceps and Fish Maw

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