



## General Purchasing Guidelines

Beef Cut	Yield of Cooked Trimmed Beef Per Pound	Number of 3-oz. Cooked Trimmed Servings Per Pound
<b>Steaks</b>		
<i>Lean Boneless Steaks:</i> Top Sirloin, Boneless Top Loin, Tenderloin, Flank, Shoulder Center,, Top Blade (Flat Iron) , Top Round, Round Tip, Round (Sirloin) Tip Center, Round (Sirloin) Tip Side	10-1/2 to 12 ounces	3-1/2 to 4
<i>Bone-In Steaks:</i> Porterhouse, T-bone, Rib	7-1/2 to 9 ounces	2-1/2 to 3
Rib-eye Steaks and Chuck Top Blade Steaks	7-1/2 to 9 ounces	2-1/2 to 3
<b>Roasts</b>		
<i>Lean Boneless Roasts:</i> Tenderloin, Tri-Tip, Eye Round, Round Tip	12 ounces	4
Rib-eye Roasts	9 to 10-1/2 ounces	3 to 3-1/2
Shoulder Tender Petite Roast	12 ounces	4
Bone-in Rib Roasts	7-1/2 ounces	2-1/2
<b>Pot Roasts</b>		
Boneless Chuck Pot Roasts	7-1/2 to 9 ounces	2-1/2 to 3
Bone-In Chuck Pot Roasts	6 to 7-1/2 ounces	2 to 2-1/2
Round Roasts	10-1/2 to 12 ounces	3-1/2 to 4
Beef Brisket	7-1/2 to 9 ounces	2-1/2 to 3
<b>Other</b>		
Ground Beef	12 ounces	4
Beef for Stir-Fry	12 ounces	4
Beef for Kabobs	12 ounces	4
Beef for Stew	7-1/2 to 9 ounces	2-1/2 to 3
Shank Cross Cuts	4-1/2 to 7-1/2 ounces	1-1/2 to 2-1/2
Bone-In Short Ribs	4-1/2 to 7-1/2 ounces	1-1/2 to 2-1/2
Boneless Short Ribs	7-1/2 to 9 ounces	2-1/2 to 3