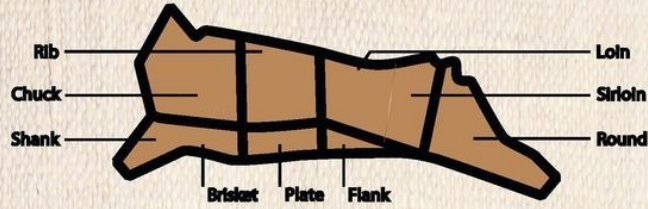


# POT ROASTING

There's nothing like a stockpot filled with beef in broth, wine or another liquid gently simmering on the stove to evoke the comforts of home. The result of this slow cooking method is tender beef that melts in your mouth and warms you through and through.



**CHUCK**



CHUCK 7-BONE POT ROAST



CHUCK POT ROAST Boneless



CHUCKSTEAK Boneless



SHOULDER POT ROAST Boneless



SHOULDERSTEAK Boneless



BONELESS SHORT RIBS

**ROUND**



BOTTOM ROUND ROAST



BOTTOM ROUNDSTEAK



EYE ROUND STEAK

**SHANK & BRISKET**



SHANK CROSS CUT



BRISKET FLAT CUT

**OTHER**



BEEF FOR STEW

Braising: Large cuts of beef such as a roast or brisket with a small amount of liquid.

### 3 Easy Steps to Braising & Stewing

Step 1: Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef, if desired.

Step 2: Add liquid, such as broth, water, juice, beer and/or wine, to pan. Add herbs or seasonings, as desired. Bring to a boil; reduce heat.

Step 3: Cover tightly and simmer gently over low heat on top of the range, or in a preheated 325°F oven, according to timetable or until beef is fork-tender.

Stewing: Cubes of beef mixed with vegetables and other ingredients with a larger quantity of liquid.

## Pot Roasting Beef Cuts



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Information compiled from the Beef Checkoff Program.