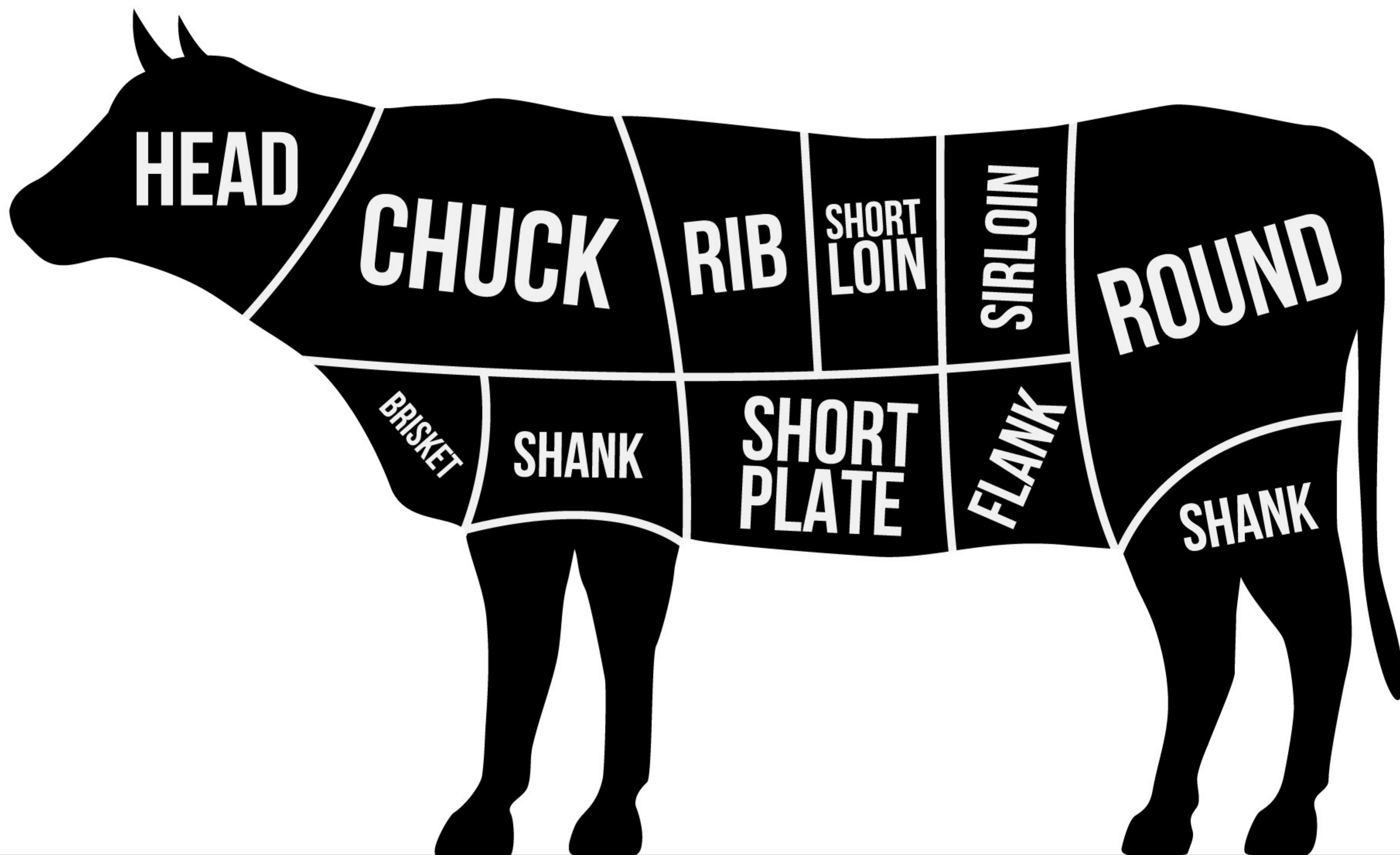


# TYPES OF GROUND BEEF

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## GROUND BEEF

*(a general name for ground beef that may be from various parts of the cow)*

- **Location:** Can be from anywhere/a mix, but often from the shank/brisket area (see image above!)
- 25-30% fat
- Fatty, can have good flavor, but can also be inconsistent and/or greasy
- Generally the most affordable

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## GROUND CHUCK

- **Location:** shoulder (see above)
- 20% fat
- Known as “lean ground beef”
- Rich and fatty, great for burgers

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## GROUND ROUND

- **Location:** upper leg and rump (see above)
- 10-14% fat
- Leaner, less juicy flavor and texture

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## GROUND SIRLOIN

- **Location:** upper middle, near hip (see above)
- 10% fat
- Quite lean, but tender and flavorful
- Generally the most premium ground beef