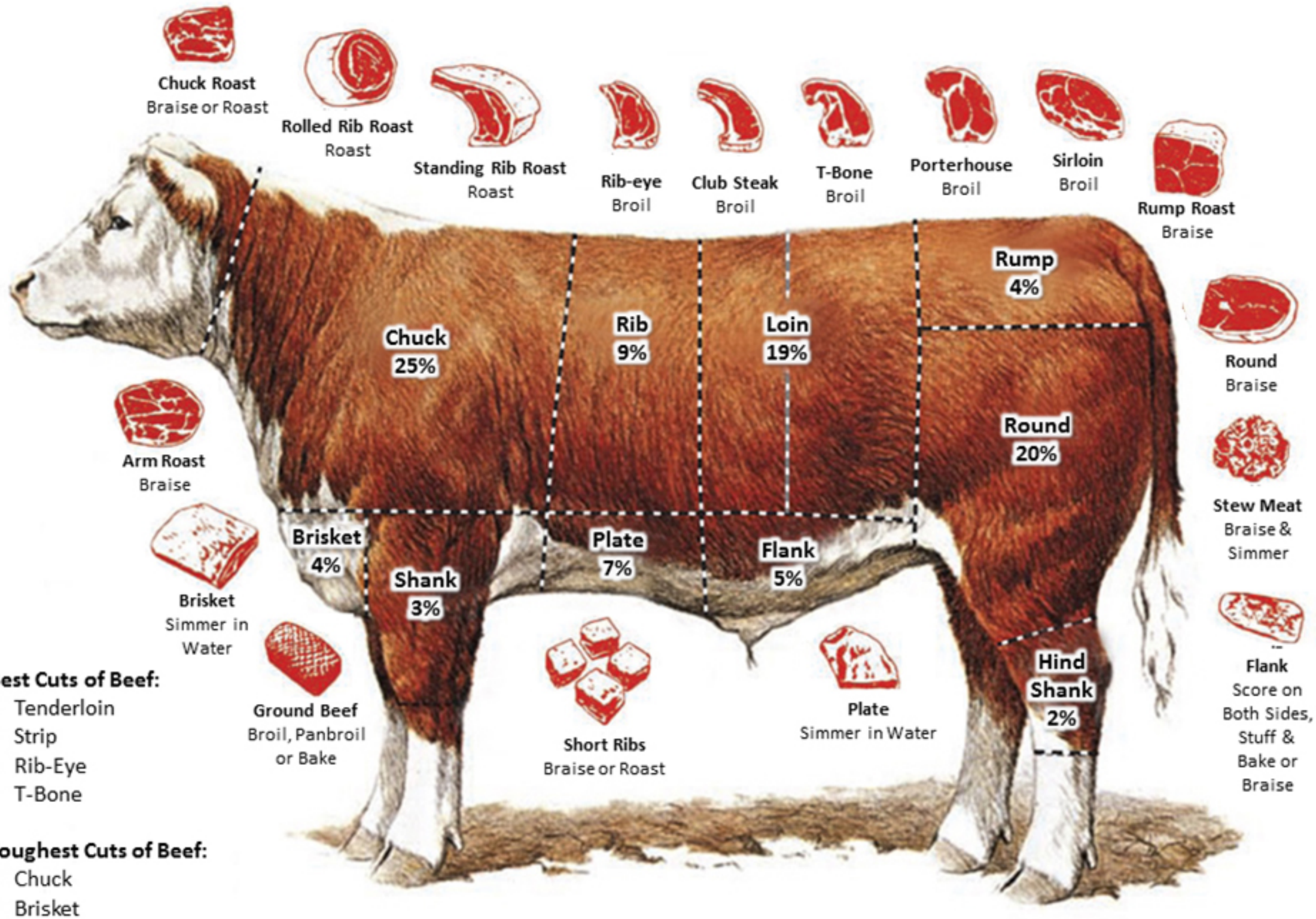

Best Cuts of Beef:

- Tenderloin
- Strip
- Rib-Eye
- T-Bone

Toughest Cuts of Beef:

- Chuck
- Brisket
- Flank
- Ribs