

COST PER SERVING

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Another consideration when buying beef is the cost per serving. To be a smart shopper, choose beef on the basis of cost per serving rather than cost per pound.

The number of cooked 3-oz. (85g) servings a pound of beef will provide is determined by the amount of bone and fat in the cut. Some boneless cuts, although priced higher than bone-in cuts, may be better buys because they have little waste. Cuts such as the top loin, top sirloin, top round, eye of round and round tip are not only lean, but can be good values because of their per-serving cost.

Chart A shows how many 3-ounce cooked servings per pound you can expect from each cut of beef. This chart will also help you decide how much beef to buy for the number of people you plan to serve.

To determine the approximate cost per serving, divide the price per pound by the number of servings per pound.

Here's an example of how to figure cost per serving. Suppose you decide to prepare a stir-fry dish. The recipe recommends a boneless top sirloin steak. To figure cost per serving:

SERVINGS PER POUND

	Type of Beef Cut	Number of Servings Per Pound (3-ounce cooked trimmed)
Steaks	Chuck Shoulder	3½
	Chuck Top Blade	3
	Flank	4
	Porterhouse/T-Bone	2½
	Rib	2½
	Ribeye	3
	Tenderloin	4
	Top Loin (boneless)	4
	Top Round	4
	Top Sirloin (boneless)	4
Roasts	Round Tip (thin cut)	4
	Eye Round	4
	Ribeye	3
	Rib	2½
	Tenderloin	4
	Round Tip	4
Pot Roasts	Tri-Tip	4
	Arm/Blade (boneless)	3
	Brisket	2½ to 3
	Shoulder (boneless)	3
Other Cuts	Beef for Stew	2½ to 3
	Ground Beef	4
	Shank Cross Cuts	1½ to 2½
	Short Ribs	1½ to 2½
	Short Ribs (boneless)	2½ to 3
	Country-Style Ribs (boneless)	2½ to 3

1. Locate top sirloin steak in the chart above.
2. Write down the servings per pound a top sirloin steak will provide (from above chart) _____
3. Write down the price per pound from the package label or a newspaper ad. _____
4. Divide the price per pound by the number of servings per pound a top sirloin steak will provide (from step 2 above). This is the cost per serving. _____

Select another cut suitable for your recipe and figure cost per serving using the steps described above.

1. Locate a cut _____
2. Write down the servings per pound your cut will provide (from above chart) _____
3. Write down the price per pound from the package label or a newspaper ad. _____
4. Divide the price per pound by the number of servings per pound your cut will provide (from step 2 above). This is the cost per serving. _____

Which of the two cuts is a better buy? _____