Americans’ favorite beef cuts are leaner than ever before. In fact, 29 cuts of beef meet government guidelines for lean, which means not only does beef taste great, but it’s good for you too!

Try some Tri-Tip

In the early 1800s, the cattle industry was the foundation of California’s economy. Every spring, Santa Maria Valley rancheros would gather to help each other brand their cattle. The host would prepare a Spanish-style barbecue for his rancheros (America’s first cowboys) after a long day of work. The beef was barbecued over a red oak fire and served with Pinquinto beans, bread and salsa. In the early 1800s, the cattle industry was the foundation of California’s economy. Every spring, Bautista de Anza brought 200 head of cattle to California missions.

Chili-Crusted Tri-Tip Roast – 1- 1/4 hours

Rub recipe
1 tbsp chili powder
2 tsp ground cumin
1 tsp onion powder
1/2 tsp garlic powder
1/4 tsp pepper

Tri-Tip is one of the 29 lean cuts!

2. Place roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425° oven 30-40 minutes for medium rare; 40-45 minutes for medium doneness.
3. Remove roast when instant-read thermometer inserted in thickest part registers 135° F for medium rare; 150° F for medium. Let stand 15 minutes. (Temperatures will rise to reach 145° for medium rare; 160° F for medium.) Carve roast across the grain; season with salt and enjoy!

Look in your newspaper’s grocery ads and record the price per pound of five different cuts of beef (i.e. hamburger, roasts, etc.). Place them in order of least expensive to most expensive.