

## How Much Meat Does a Whole Cow Have?

Beef Expectation Chart

As the weights of beef vary, so do the amounts.

<b>For A Whole Beef Weighing Approximately 700lbs (Hanging Weight)</b>	<b>Thickness</b>	<b>Approximate Amount</b>
<b>Top Sirloin</b>	<b>1 Inch</b>	<b>10 Steaks</b>
<b>Sirloin Tip Steak</b>	<b>1 Inch</b>	<b>12 Steaks</b>
<b>Porterhouse Steak</b>	<b>1 Inch</b>	<b>12 Steaks</b>
<b>T-Bone Steak</b>	<b>1 Inch</b>	<b>12 Steaks</b>
<b>Filet Mignon</b>	<b>1 Inch</b>	<b>12 Steaks</b>
<b>Tenderized Round Steak</b>	<b>-----</b>	<b>10 Packages</b>
<b>Tri Tip</b>	<b>-----</b>	<b>2 Roasts</b>
<b>Boneless Rump Roast</b>	<b>Cut in Half</b>	<b>4 Roasts</b>
<b>Flank Steak</b>	<b>-----</b>	<b>2 Steaks</b>
<b>Boneless Stew Meat</b>	<b>1lb Packs</b>	<b>8 Packages</b>
<b>Rib Eye</b>	<b>1 Inch</b>	<b>20 Steaks</b>
<b>Beef Back Ribs</b>	<b>-----</b>	<b>2 Racks</b>
<b>Chuck Roast</b>	<b>-----</b>	<b>5 Roasts</b>
<b>Chuck Steak</b>	<b>1 Inch</b>	<b>10 Steaks</b>
<b>Round-Bone Roast</b>	<b>-----</b>	<b>4 Roasts</b>
<b>Boneless Clod Roast <i>OR</i> BBQ Steak</b>	<b>Roast Cut in Half <i>OR</i> 1 Inch BBQ Steak</b>	<b>4 Roasts <i>OR</i> 8 BBQ Steaks</b>
<b>Brisket</b>	<b>Whole</b>	<b>2 Briskets</b>
<b>Ground Meat</b>	<b>1lb Packs</b>	<b>90 Packages</b>
<b>Short Ribs</b>	<b>Individual</b>	<b>12 Ribs</b>
<b>Soup Bones</b>	<b>-----</b>	<b>6 Packages</b>
<b>Dog Bones</b>	<b>-----</b>	<b>5 Bags</b>
<b>Beef Neck Bones</b>	<b>-----</b>	<b>6 Packages</b>