

Approximate Beef Cooking Times

Type of Beef	Size	Cooking Method	Cooking Times	Internal Temperatures
Rib Roast Bone-in	4 to 6 lbs.	Roast 325 degree	23-25 min/lb. 27-30 min/lb. 32-34 min/lb.	Medium Rare 145 Medium 160 Well done 170
Rib Roast Boneless, Rolled	4 to 6 lbs.	Roast 325 degree	Add 5-8 min/lb. to above times	Medium Rare 145 Medium 160 Well done 170
Chuck Roast Brisket	3 to-4 lbs.	Braise 325 degree	2 - 3 hours	Medium 160
Round or Rump Roast	2.5 to-4 lbs.	Roast 325 degree	30-35 min/lb. 24-40 min/lb.	Medium Rare 145 Medium 160
Tenderloin Whole Half	Tenderloin 4 to 6 lbs. 2.5 to-4 lbs.	Roast 425 degree	45-60 min/lb. 35-45 min/lb.	Medium Rare 145 Medium 160
Steaks	3/4" Thick	Broil / Grill	4-5 min/ per side 6-7 min/ per side	Medium Rare 145 Medium 160
Stew or Shank Cross Cuts	1 to 1.5" Thick	Cover with Liquid; Simmer	2 - 3 Hours	Medium 160
Short Ribs	4" Long - 2" Thick	Braise 325 degree	1.5 - 2.5 hours	Medium 160



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