

Approximate Beef Cooking Times °F				
Type of Beef	Size	Cooking Method	Cooking Time	Internal Temperature
Rib Roast, bone in	4 to 6 lbs.	Roast 325°	23-25 min./lb.	Medium rare 145°
Rib Roast, boneless rolled	4 to 6 lbs.	Roast 325°	Add 5-8 min./lb. to times above	Same as above
Chuck Roast, Brisket	3 to 4 lbs.	*Braise 325°	*Braise 325°	Medium 160°
Round or Rump Roast	2 1/2 to 4 lbs.	Roast 325°	30-35 min./lb.	Medium rare 145°
Tenderloin, whole	4 to 6 lbs.	Roast 425°	45-60 min. total	Medium rare 145°
Steaks	3/4" thick	Broil/Grill	4-5 min. per side	Medium rare 145°
Stew or Shank Cross Cuts	1 to 1 1/2" thick	Cover with liquid; simmer	2 to 3 hours	Medium 160°
Short Ribs	4" long and 2" thick	*Braise 325°	1 1/2 to 2 1/2 hours	Medium 160°

Storage Times for Beef Products		
Product	Refrigerator 40 °F	Freezer 0 °F
Fresh beef roast, steaks, chops, or ribs	3 to 5 days	6 to 12 months
Fresh beef liver or variety meats	1 or 2 days	3 to 4 months
Home cooked beef, soups, stews or casseroles	3 to 4 days	2 to 3 months
Store-cooked convenience meals	1 to 2 days	2 to 3 months
Cooked beef gravy or beef broth	1 or 2 days	2 to 3 months
Beef hot dogs or lunch meats, sealed in package	2 weeks (or 1 week after a "Use-By" date)	1 to 2 months
Beef hot dogs, opened package	7 days	1 to 2 months
Lunch meats, opened package	3 to 5 days	1 to 2 months
TV dinners, frozen casseroles	Keep Frozen	3 to 4 months
Canned beef products in pantry	2 to 5 years in pantry; 3 to 4 days after opening	After opening, 2 to 3 months
Jerky, commercially vacuum packaged	1 year in pantry Refrigerate 2 to 3 months	Do not freeze