**INTRODUCING**

**CHUCK KNOWS BEEF**

(He’s pleased to meat you.)

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**RECIPES**

- What can I make with Flank Steak?
- What is a good recipe for meatloaf?
- What should I make for Dinner?
- What can I make with Ground Beef?
- Do you have a Lasagna recipe?

**CUTS**

- What is the Flat Iron Steak?
- What is the Top Sirloin Steak?
- What is the Tri-Tip Roast?
- What is the round?

**COOKING**

- What is a good Marinade?
- How do you Grill a steak?
- What temperature is steak done?
- How long can you store beef?
- How do you choose beef?

**PRODUCTION**

- How are cows raised?
- Is beef sustainable?
- Are cows safe?

**NUTRITION**

- What nutrients are in beef?
- How much protein is in beef?
- Is beef better than plant-based protein?

**OUTLIERS**

- What is your favorite song?
- What is your favorite color?
- Where’s the beef?
- Do you have any vegetarian recipes?

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Not sure what to ask?

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