



Tri-Tip Fact Sheet



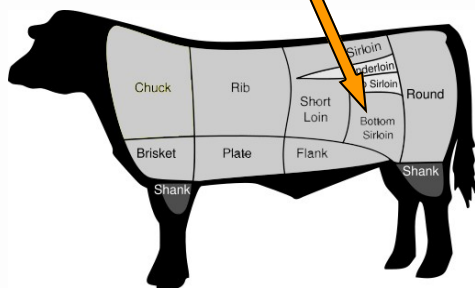
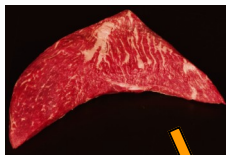
For more simple meal ideas, nutrition information and cooking tips, visit BeefItsWhatsForDinner.com

The Tri-Tip is a small triangular muscle cut from the Sirloin. As a roast, it may also be referred to as the Bottom Sirloin roast or the Triangle roast. It is tender and boneless, offering rich beef flavor and versatility at an economical price. A Tri-Tip steak is simply cut from the roast. There are only two Tri-Tip roasts per animal. The steak and the roast both meet government guidelines for lean.

The history of the Tri-Tip is storied and colorful. The cut had been used for Ground Beef or sliced into strips or "Sirloin Tips" until the late 1950s, when a grocer in Santa Maria, Calif., decided to try it barbecued over local red oak wood. The decision proved successful as the roast came out tender and flavorful! The grocer began selling and marketing the Tri-Tip and soon it gained popularity across California. The Tri-Tip is still predominate in the West, but is becoming available across the rest of the country. If you can't locate it at your supermarket, ask your meat manager if it can be ordered.



Pesto Rubbed Tri-Tip Roast with Warm Tomato Sauce



Classic Substitutions

Substitute Round Tip roast if the Tri-Tip is not available. **Note:** Cooking times will need to be adjusted according to the steak that is substituted.

Characteristics

As you can see, the Tri-Tip is triangular in shape. This lean, flavorful cut is extremely tender when cooked correctly. Best suited for the grill or dry oven roasting, this steak is sure to become a favorite.

Nutrition Information

The Tri-Tip is an excellent source of protein, zinc, vitamin B₁₂, selenium, niacin, and vitamin B₆, and a good source of phosphorus, choline, iron and riboflavin.

Nutrition information per 3-ounce cooked serving:
158 calories; 7 g fat (2 g saturated fat; 4 g monounsaturated fat); 23 g protein; 0.5 mg vitamin B₆; 1.2 mcg vitamin B₁₂; 1.5 mg iron; 4.2 mg zinc.

Simple Meal Ideas

- Soak in a simple flavor marinade with garlic, vinegar, brown sugar and soy sauce. Roast in the oven and serve with roasted vegetables.
- Create a sweet and sour glaze with honey, lime and cumin. Grill Tri-Tip over medium heat and brush with glaze during the last 10 minutes.
- Brush Tri-Tip roast with chipotle barbecue sauce and grill. Slice thinly and serve on flaky biscuits topped with coleslaw to create biscuit sliders.

