

JULY 2018 TV Recipes—ECONOMICAL STEAK Recipes

BBQ Beef Chuck Steaks

Recipe time: 25 minutes

Makes 4 servings

- 1 7-Bone Chuck Steak, cut 3/4 to 1-inch thick (about 2 pounds)

Marinade:

- 1 cup finely chopped onion
- 1 cup ketchup
- 1/3 cup packed brown sugar
- 1/3 cup red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/8 to 1/4 teaspoon crushed red pepper



1. Combine marinade ingredients in medium bowl. Place beef 7-Bone Chuck Steak and 1 cup marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Refrigerate remaining marinade.
2. Remove steak; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Place remaining marinade in small saucepan; bring to a boil. Reduce heat; simmer 10 to 15 minutes or until sauce consistency, stirring occasionally.
4. Cut steak into serving-size pieces. Serve with sauce.

Nutrition information per 3-oz serving: 270 Calories; 11.1g Total Fat; 4.4g Saturated Fat; 0.5g Polyunsaturated Fat; 4.6g Monounsaturated Fat; 0.4g Trans Fat; 71.5mg Cholesterol; 98.2mg Sodium; 436.5mg Potassium; 20.7g Total carbohydrate; 22.1g Protein; 2.9mg Iron; 6.4mg Niacin; 0.4mg Vitamin B6; 97.8mg Choline; 5.1mcg Vitamin B12; 7.9mg Zinc; 33mcg Selenium; 0.5g Fiber

Blackstrap Steaks with Caramelized Onions

Recipe time: 40 minutes

Makes 4 servings

- 4 beef Chuck Eye or Ranch Steaks, cut 3/4-inch thick (about 6 ounces each)
- 1/4 cup molasses
- 2 tablespoons Worcestershire sauce
- 1 tablespoon balsamic vinegar
- Salt
- Fresh basil sprigs (optional)

Carmelized Onion Relish:

- 1-1/2 cups chopped sweet onion
- 3/4 cup chopped red bell pepper
- 2 tablespoons thinly sliced fresh basil
- 2 tablespoons toasted pine nuts
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon black pepper



1. To prepare Caramelized Onions, spray medium nonstick skillet with nonstick cooking spray. Heat over medium to medium-high heat until hot. Add onion; cook 5 to 7 minutes, stirring frequently. If necessary, re-spray skillet with cooking spray. Add bell pepper; continue cooking 3 to 5 minutes or until onions are browned and bell pepper is crisp-tender, stirring frequently. Stir in sliced basil, pine nuts, 1 tablespoon vinegar and black pepper. Season with salt, as desired; keep warm.
2. Meanwhile combine molasses, Worcestershire sauce and 1 tablespoon vinegar in small bowl.
3. Heat second large nonstick skillet over medium heat until hot. Season steaks with black pepper. Place steaks in pan; cook 9 to 11 minutes (ranch steaks, 8 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and brushing with molasses mixture during last 3 to 4 minutes of cooking.
4. Season steaks with salt, as desired; serve with caramelized onions. Garnish with basil sprigs, if desired.

Nutrition information per 3-oz serving: 405 Calories; 18g Total Fat; 6g Saturated Fat; 7g Monounsaturated Fat; 119mg Cholesterol; 186mg Sodium; 24g Total carbohydrate; 36g Protein; 8.6mg Iron; 3.7mg Niacin; 0.6mg Vitamin B6; 2.8mcg Vitamin B12; 12.1mg Zinc; 33.8mcg Selenium; 1.7g Fiber.

Spanish-Style Grilled Steaks with Olives

Recipe time: 25 minutes

Makes 4 servings

- 2 beef Petite Sirloin Steaks (about 8 ounces each)
- 2 teaspoons brown sugar
- 1/2 teaspoon salt
- 2 red or yellow bell peppers, cut into quarters
- Salt and ground black pepper
- 1/3 cup pimiento-stuffed green olives, chopped



Marinade:

- 1/3 cup sherry wine vinegar
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon smoked or sweet paprika

Garnish:

- Chopped fresh cilantro leaves

1. Combine marinade ingredients in small bowl. Place beef steaks and 1/3 cup marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours. Stir brown sugar and salt into remaining marinade; set aside.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals; arrange bell peppers around steaks. Grill steaks, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill peppers, 9 to 12 minutes (for gas, 7 to 11 minutes) or until tender, turning occasionally.
3. Remove steaks; let stand 5 minutes. Carve steaks across the grain into thin slices; season with salt and black pepper, as desired. Cut bell peppers 1/2-inch strips. Serve beef with bell peppers. Drizzle with reserved marinade; sprinkle with olives. Garnish with cilantro, if desired.

Nutrition information per 3-oz serving: 315 Calories; 18g Total Fat; 3g Saturated Fat; 11g Monounsaturated Fat; 73mg Cholesterol; 853mg Sodium; 9g Total carbohydrate; 26g Protein; 3.4mg Iron; 5.8mg Niacin; 0.7mg Vitamin B6; 104.7mg Choline; 3.2mcg Vitamin B12; 6.3mg Zinc; 30mcg Selenium; 2g Fiber.

Grilled Steak with Arugula Pesto and Vodka-Tomato Sauce

Recipe time: 1 hour

Makes 4 servings

- 1 beef Top Round Steak, cut 3/4 inch thick (about 1-pound)
- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 pounds tomatoes, seeded, chopped
- 1/4 cup vodka
- Salt and pepper
- Parmesan cheese (optional)



Arugula Pesto:

- 2 cups packed arugula leaves (about 2 ounces)
- 2 tablespoons toasted unblanched sliced almonds
- 2 large cloves garlic
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon freshly grated lemon peel
- 1/3 cup olive oil
- Salt and pepper

1. To prepare pesto, place arugula, almonds, garlic, lemon juice and lemon peel in food processor container. Cover; process until finely chopped. With motor running, slowly add oil through opening in cover, processing until smooth. Season with salt and pepper, as desired. Remove and reserve 1/4 cup pesto for serving; cover and refrigerate. Place beef steak and remaining pesto in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add onion; cook and stir 4 to 5 minutes or until tender. Add tomatoes; cook 8 to 10 minutes or until most of liquid has evaporated, stirring occasionally. Stir in vodka; cook 7 to 10 minutes or until thickened, stirring frequently. Season with salt and pepper, as desired. Cool to room temperature.

***Cook's Tip:** Vodka-tomato sauce may be made up to 24 hours ahead; cover and refrigerate. Bring to room temperature before serving. One 28-ounce can whole tomatoes may be substituted for fresh tomatoes. Reserving juice, chop tomatoes. Add chopped tomatoes and juice to onion mixture and cook as directed above.*

3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
4. Carve steak into thin slices. Serve over vodka-tomato sauce; Top with reserved Arugula Pesto. Garnish with cheese, if desired.

Nutrition information per 3-oz serving: 450 Calories; 27g Total Fat; 4.5g Saturated Fat; 3.1g Polyunsaturated Fat; 18.1g Monounsaturated Fat; 0g Trans Fat; 75mg Cholesterol; 80mg Sodium; 1049.8mg Potassium; 14g Total carbohydrate; 29g Protein; 4mg Iron; 14.4mg Niacin; 1mg Vitamin B6; 98.5mg Choline; 1.9mcg Vitamin B12; 5mg Zinc; 26.8mcg Selenium; 4g Fiber.

Grilled Southwest Steaks with Sunset Salad

Recipe time: 1 hour

Makes 4 servings

- 2 beef Eye of Round Steaks, cut 1 inch thick (8 ounces each)

Marinade:

- 1/3 cup fresh lime juice
- 2 teaspoons ground cumin
- 2 teaspoons steak seasoning blend
- 2 teaspoons finely chopped chipotle peppers in adobo sauce

Sunset Salad:

- 2 small ears corn, husked
- 2 large yellow, orange and/or red bell peppers, cut lengthwise in half
- 1 medium tomato, chopped
- 1 tablespoon olive oil

1. Combine Marinade ingredients in small bowl. Cover and refrigerate 2 tablespoons for Sunset Salad. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Place corn and bell peppers on grid over medium, ash-covered coals; grill peppers, covered, 11 to 14 minutes (over medium heat on preheated gas grill, times remain the same) and corn 15 to 20 minutes (gas grill times remain the same) or until tender, turning occasionally. Remove; set aside to cool slightly.
3. Add 3 to 4 additional briquettes to each side of fire grate to maintain medium heat, if necessary. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, 17 to 19 minutes) for medium rare (145°F) doneness, turning occasionally.
4. Meanwhile, to prepare Sunset Salad, chop bell peppers and cut corn kernels from cobs; place in medium bowl. Add tomato. Whisk reserved marinade and oil in small bowl until blended. Pour over vegetables; toss to coat. Carve steaks into thin slices. Serve with salad.

Nutrition information per 3-oz serving: 258 Calories; 9g Total Fat; 2g Saturated Fat; 4g Monounsaturated Fat; 53mg Cholesterol; 284mg Sodium; 19g Total carbohydrate; 28g Protein; 3.2mg Iron; 6.4mg Niacin; 0.7mg Vitamin B6; 1.4mcg Vitamin B12; 4.8mg Zinc; 28.8mcg Selenium; 3.7g Fiber.



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