

June 2016 TV Recipes- Steaks for Father's Day

GRILLED RIBEYE STEAKS AND POTATOES WITH SMOKY PAPRIKA RUB

Total Recipe Time: 25 to 30 minutes

Makes 2 to 4 servings

- 2 beef Ribeye Steaks Boneless, cut 1-inch thick (about 12 ounces each)
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 2 large russet potatoes, cut lengthwise into 8 wedges each
- Salt
- 1 tablespoon minced green onions
- Sour Cream and Onion Sauce (recipe follows) (optional)

Seasoning:

- 2 tablespoons smoked or Spanish paprika
- 1-1/2 teaspoons sugar
- 1-1/2 teaspoons chili powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground red pepper



1. Combine seasoning ingredients in small bowl; remove and reserve 2 tablespoons. Press remaining seasoning evenly onto beef steaks; set aside. Combine reserved seasoning, oil and salt in large bowl. Add potatoes; toss to coat.
2. Place steaks on grid over medium, ash-covered coals; arrange potatoes around steaks. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill potatoes 14 to 17 minutes (over medium heat on preheated gas grill, 13 to 15 minutes) or until tender, turning occasionally.
3. Carve steaks into slices; season with salt, as desired. Sprinkle green onion over potatoes. Serve potatoes with Sour Cream and Onion Sauce for dipping, if desired.

Sour Cream and Onion Sauce: Combine 1/2 cup dairy sour cream and 2 tablespoons minced green onion. Sprinkle with smoked or Spanish paprika, as desired. *Yield: 1/2 cup*

Nutrition information per serving (1/4 of recipe): 404 calories; 15 g fat (4 g saturated fat; 4 g monounsaturated fat); 73 mg cholesterol; 384 mg sodium; 35 g carbohydrate; 3.8 g fiber; 32 g protein; 10.5 mg niacin; 1.1 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 3.7 mg iron; 34.7 mcg selenium; 5.8 mg zinc. *This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.*

RIBEYE STEAKS AND SEASONED VEGETABLE KABOBS

Total Recipe Time: 30 to 35 minutes

Makes 6 servings

- 3 beef Ribeye Steaks Boneless, cut 1-inch thick (about 2 pounds)
- 6 small red potatoes, cut in half (about 1-1/2 to 2 ounces each)
- 2 tablespoons finely chopped fresh oregano
- 1 tablespoon minced garlic
- 1/2 teaspoon ground red pepper
- 2 tablespoons butter, melted
- 2 medium zucchini and/or yellow squash, cut in half lengthwise, then crosswise into 1-inch slices
- Salt and pepper



1. Place potatoes in 2-quart microwave-safe dish. Cover and microwave on HIGH 2 to 3 minutes or until just tender, stirring once. Cool slightly.
2. Meanwhile, combine oregano, garlic and red pepper in small bowl; reserve half for vegetables. Press remaining seasoning mixture evenly onto both sides of each steak. Combine reserved seasoning mixture with melted butter; set aside.
3. Alternately thread vegetables onto six 8-inch metal skewers.
4. Place steaks and kabobs on grid over medium, ash-covered coals; brush kabobs with half of seasoned butter. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill kabobs, covered, 10 minutes or until vegetables are tender, turning once and brushing with remaining seasoned butter. Season steaks and kabobs with salt and black pepper, as desired.

Nutrition information per serving: 291 calories; 15 g fat (6 g saturated fat; 7 g monounsaturated fat); 89 mg cholesterol; 62 mg sodium; 11 g carbohydrate; 1.6 g fiber; 27 g protein; 11.4 mg niacin; 0.8 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.2 mg iron; 30.5 mcg selenium; 5.1 mg zinc; 14.6 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

GRILLED T-BONE STEAKS WITH BBQ RUB

Total Recipe Time: 25 minutes

Makes 4 servings

- 2 to 4 beef T-Bone or Porterhouse Steaks, cut 1-inch thick (about 2 to 4 pounds)
- Salt

BBQ Rub:

- 2 tablespoons chili powder
- 2 tablespoons packed brown sugar
- 1 tablespoon ground cumin
- 2 teaspoons minced garlic
- 2 teaspoons cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground red pepper



1. Combine BBQ Rub ingredients; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove bones and carve steaks into slices, if desired. Season with salt, as desired.

Cook's Tip: To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness, turning once.

Nutrition information per serving: 275 calories; 11 g fat (4 g saturated fat; 5 g monounsaturated fat); 61 mg cholesterol; 189 mg sodium; 11 g carbohydrate; 1.3 g fiber; 3 g protein; 5.5 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 5.2 mg iron; 10.8 mcg selenium; 5.5 mg zinc. This recipe is an excellent source of niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of selenium.

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GRILLED BEEF STEAKS WITH ESPRESSO-BOURBON SAUCE

Total Recipe Time: 35 minutes

Makes 4 servings

- 2 Strip Steaks boneless, cut 1-inch thick (about 1-1/4 pounds)
- Salt and pepper

Espresso-Bourbon Sauce:

- 1/4 cup bourbon
- 1/4 cup maple syrup
- 1/4 cup reduced-sodium soy sauce
- 1 tablespoon fresh lemon juice
- 2 teaspoons instant espresso coffee powder
- 1/8 teaspoon black pepper



1. Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.
2. Place steaks on grid over medium, ash-covered coals. Grill tenderloin steaks, covered, 10 to 14 minutes (top loin steaks 11 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Season with salt and pepper, as desired. Serve with sauce.

Cook's Tip: To broil, place Tenderloin Steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat (Strip Steaks 3 to 4 inches from heat). Broil Tenderloin Steaks 13 to 16 minutes (Strip Steaks 13 to 17 minutes) for medium rare to medium doneness, turning once.

Nutrition information per serving, using Strip Steaks: 302 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 70 mg cholesterol; 672 mg sodium; 15 g carbohydrate; 0 g fiber; 32 g protein; 9.1 mg niacin; 0.7 mg vitamin B₆; 1.8 mcg vitamin B₁₂; 2.2 mg iron; 36.2 mcg selenium; 6.6 mg zinc; 119.7 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and a good source of iron.