

Grilled T-Bone Steaks with BBQ Rub

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 apple 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.

Test Kitchen 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 3-ounce serving: 470 Calories; 30g Total Fat; 12g Saturated Fat; 1.7g Polyunsaturated Fat; 12.3g Monounsaturated Fat; 2g Trans Fat; 120mg Cholesterol; 290mg Sodium; 465mg Potassium; 10g Total carbohydrate; 36g Protein; 6mg Iron; 14.9mg Niacin; 1.1mg Vitamin B6; 83.3mg Choline; 2.7mcg Vitamin B12; 5.9mg Zinc; 36.5mcg Selenium; 2g Fiber.



Ribeye Steaks with Fresh Tomato Tapenade

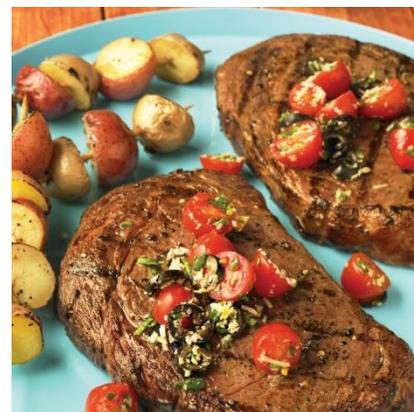
Recipe time: 20-25 minutes

Makes 4 servings

- 2 beef Ribeye Steaks Boneless, cut 1-inch thick (about 12 ounces each)
- 2 teaspoons course ground black pepper
- 1 teaspoon salt

Fresh Tomato Tapenade:

- 1 cup cherry or grape tomatoes, cut in half
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1/4 cup chopped fresh basil
- 3 tablespoons shredded Parmesan cheese



1. Press pepper evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, 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.
3. Meanwhile combine Fresh Tomato Tapenade ingredients in small bowl.
4. Season steaks with salt, as desired. Top each steak evenly with Fresh Tomato Tapenade.

Test Kitchen Tip: To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 14 to 18 minutes for medium rare to medium doneness, turning once.

Nutrition information per 3-ounce serving: 390 Calories; 25g Total Fat; 9g Saturated Fat; 0.9g Polyunsaturated Fat; 9g Monounsaturated Fat; 0g Trans Fat; 115mg Cholesterol; 760mg Sodium; 444.9mg Potassium; 6g Total carbohydrate; 36g Protein; 2mg Iron; 13.2mg Niacin; 0.7mg Vitamin B6; 0.8mg Choline; 2.3mcg Vitamin B12; 6.3mg Zinc; 38.2mcg Selenium; 1g Fiber.

Beef Tenderloin Steaks with Blue Cheese Topping

Recipe time: 25 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 1 pound)
- 1 large clove garlic, halved
- 1/2 teaspoon salt
- 2 teaspoons chopped fresh parsley leaves

Blue Cheese Topping:

- 2 tablespoons cream cheese
- 4 teaspoons crumbled blue cheese
- 4 teaspoons plain yogurt
- 2 teaspoons minced onion
- Dash ground white pepper

1. Combine topping ingredients in small bowl. Rub steaks with garlic.
2. Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. One to two minutes before steaks are done, top evenly with topping.

Test Kitchen Tip: To grill, place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. One minute before steaks are done, top evenly with topping.

3. Season with salt; sprinkle with parsley.

Nutrition information per 3-ounce serving: 206 Calories; 10g Total Fat; 4g Saturated Fat; 4g Monounsaturated Fat; 79mg Cholesterol; 406mg Sodium; 2g Total carbohydrate; 26g Protein; 1.8mg Iron; 7.3mg Niacin; 0.6mg Vitamin B6; 95.9mg Choline; 1.4mcg Vitamin B12; 4.6mg Zinc; 29.3mcg Selenium; 0.1g Fiber.



Pomegranate Steak with Quinoa

Recipe time: 50-55 minutes

Makes 4 servings

- 2 beef Strip Steaks, Boneless, cut ¾-inch thick (about 8 ounces each)
- 2 ounces goat cheese, crumbled
- Pomegranate seeds (optional)

Marinade & Sauce:

- 1 cup pomegranate juice
- ¼ cup balsamic vinegar
- 2 tablespoons minced fresh rosemary
- 2 tablespoons minced fresh thyme
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 teaspoons Dijon-style mustard
- ½ teaspoon pepper

Quinoa:

- 1 cup uncooked quinoa
- 2 cups vegetable or beef broth
- 1 cup thinly sliced fresh baby spinach
- ½ cup pomegranate seeds or sweetened dried cranberries
- ¼ cup chopped toasted walnuts (optional)

1. Combine Marinade & Sauce ingredients in medium bowl. Reserve ¾ cup for basting sauce. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Meanwhile, prepare basting sauce. Pour reserved ¾ cup marinade into small saucepan; bring to a boil. Reduce heat; cook 15 to 20 minutes or until reduced by half and slightly thickened, stirring occasionally. Set aside.
3. Cook quinoa in broth in medium saucepan according to package directions. Stir in spinach, pomegranate seeds and walnuts. Keep warm.
4. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 10 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and basting with sauce.

Test Kitchen Tip: To cook on grill pan, heat nonstick grill pan over medium heat until hot. Place steaks on grill pan; cook 10 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally and basting with sauce.

5. Carve steaks into slices; season with salt, as desired. Place quinoa on serving platter; top with cheese. Arrange beef around quinoa. Garnish with pomegranate seeds, if desired.

Nutrition information per 3-ounce serving: 430 Calories; 18g Total Fat; 5g Saturated Fat; 7g Monounsaturated Fat; 79mg Cholesterol; 141mg Sodium; 26g Total carbohydrate; 40g Protein; 4.1mg Iron; 10.1mg Niacin; 0.9mg Vitamin B6; 1.9mcg Vitamin B12; 7.3mg Zinc; 41.6mcg Selenium; 2.7g Fiber.



Ribeye Steaks and Seasoned Vegetable Kabobs

Recipe time: 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 3-ounce serving: 291 Calories; 15g Total Fat; 6g Saturated Fat; 7g Monounsaturated Fat; 89mg Cholesterol; 62mg Sodium; 11g Total carbohydrate; 27g Protein; 2.2mg Iron; 11.4mg Niacin; 0.8mg Vitamin B6; 1.4mcg Vitamin B12; 5.1mg Zinc; 30.5mcg Selenium; 1.6g Fiber.

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