

May 2020 TV Recipes—Beef Grilling Recipes

Grilled Skirt Steak with Creamy Citrus Sauce

Beef Skirt Steak marinated in fresh orange juice, cilantro and Mexican spices can turn your ordinary dinner into extraordinary, especially when you enjoy it with this creamy citrus sauce.

Marinate Time: 6 hours up to overnight

Recipe Time: 30 minutes

Makes 6 servings

- 1 beef Skirt Steak (1 to 1-1/2 pounds), cut into 4 to 6-inch portions
- 1/2 cup fresh orange juice
- 1/3 cup finely chopped fresh cilantro
- 2 tablespoons dried Mexican seasoning, crushed
- 3/4 cup dairy sour cream
- 2 tablespoons finely chopped green onion
- Salt and pepper



1. Combine orange juice, cilantro and Mexican seasoning in small bowl. Place beef steak and 1/3 cup orange juice mixture 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. Combine remaining orange juice mixture with sour cream and green onion. Cover and refrigerate until ready to serve. (May be refrigerated as long as overnight.)
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Carve steak diagonally across the grain into thin slices; season with salt and pepper, as desired. Serve with citrus sauce.

Nutrition information per serving: 99 Calories; 180 Calories from fat; 20g Total Fat (1 g Saturated Fat; 6 g Monounsaturated Fat;) 79 mg Cholesterol; 174 mg Sodium; 4 g Total Carbohydrate; 0.2 g Dietary Fiber; 22 g Protein; 2.4 mg Iron; 3.8 mg Niacin; 0.4 mg Vitamin B₆; 3.7 mcg Vitamin B₁₂; 4.9 mg Zinc; 15.9 mcg Selenium.

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Iron.

Caribbean Burgers with Mango Salsa

Spicy, sweet and oh-so-simple. Ground Beef gets a peppery boost from jerk seasoning, and the freshly chopped mango salsa gives the dish a cool finish.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 2 tablespoons Caribbean jerk seasoning

Mango Salsa:

- 1 large mango, peeled, coarsely chopped (about 1 cup)
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped green onion
- 1 tablespoon finely chopped seeded jalapeño pepper
- 1 tablespoon fresh lime juice



1. Combine Ground Beef and jerk seasoning in large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, covered, 13 to 14 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt, as desired.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.*

3. Meanwhile, combine salsa ingredients in medium bowl, mixing lightly. Serve burgers with salsa.

Nutrition information per serving: 210 Calories; 71.1 Calories from fat; 7.9g Total Fat (3.2 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 75 mg Cholesterol; 478 mg Sodium; 19 g Total Carbohydrate; 1.4 g Dietary Fiber; 23 g Protein; 2.5 mg Iron; 446 mg Potassium; 5.5 mg Niacin; 0.5 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 5.5 mg Zinc; 18.8 mcg Selenium; 78.8 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Potassium, and Choline.

Wine-Marinated Grilled Flank Steak

Pair your Flank Steak with our wine marinade for a flavorful meal. Use red wine, lime juice, garlic, onion and brown sugar to bring out a delicious flavor.

Marinate Time: 6 hours up to overnight

Recipe Time: 35 Minutes

Makes 8 servings

- 1 beef Flank Steak (about 1-1/2 to 2 pounds)
- Salt and pepper

Marinade:

- 1/3 cup dry red wine
- 1/4 cup chopped onion
- 2 tablespoons brown sugar
- 2 tablespoons reduced sodium or regular soy sauce
- 1 tablespoon fresh lime juice
- 1 tablespoon vegetable oil
- 1-1/2 teaspoons minced garlic



1. Combine marinade ingredients in small bowl. Place beef steak and 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.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Carve steak across the grain into thin slices. Season with salt and pepper, as desired.

Nutrition information per serving, 1/6 of recipe: 186 Calories; 63 Calories from fat; 7g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat;) 66 mg Cholesterol; 150 mg Sodium; 3 g Total Carbohydrate; 0.1 g Dietary Fiber; 24 g Protein; 1.5 mg Iron; 9.4 mg Niacin; 0.5 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.4 mg Zinc; 27.2 mcg Selenium; 91.1 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

Margarita Beef with Orange Salsa

Turn your steak fajitas up-a-notch with tequila-marinated Top Round Steak served with a fresh orange salsa!

Marinate Time: 6 hours up to overnight

Total Recipe Time: 30 minutes

Makes 6 servings

- 1 beef Top Round Steak, 1-inch thick (about 1-3/4 pounds)

Marinade:

- 2/3 cup frozen orange juice concentrate, defrosted
- 1/2 cup tequila
- 1/3 cup fresh lime juice
- 2 tablespoons minced fresh ginger
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon ground red pepper

Orange Salsa:

- 2 oranges, peeled, diced
- 1 small red onion, chopped
- 1 jalapeno pepper, seeded, minced
- 1/4 cup chopped fresh cilantro
- 2 to 3 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano leaves

1. Combine marinade ingredients in medium bowl. Place beef steak and 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.
2. To make Orange Salsa: Combine all salsa ingredients in non-metallic bowl. Cover and refrigerate at least 1 hour.
3. Remove steak; discard marinade. Pat steak dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, 10 to 11 minutes) for medium rare (145°F) doneness, turning occasionally. Do not overcook. Carve into thin slices. Serve with orange salsa.

Nutrition information per serving: 270 Calories; 90.9 Calories from fat; 10.1g Total Fat (2.3 g Saturated Fat; 0.2 g Trans Fat; 1 g Polyunsaturated Fat; 6.5 g Monounsaturated Fat;) 73 mg Cholesterol; 454 mg Sodium; 12.5 g Total Carbohydrate; 1.6 g Dietary Fiber; 27 g Protein; 3 mg Iron; 582 mg Potassium; 8 mg Niacin; 0.9 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 4.5 mg Zinc; 26.7 mcg Selenium; 85.2 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium, and a good source of Iron, Potassium, and Choline.



632 Grand Canyon Drive
Madison, WI 53719
www.BeefTips.com

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BEEF COUNCIL**



Grilled Southwestern Steak and Colorful Vegetables

Make your next family dinner even more special with this bright and bold spread of marinated Top Round Steak served with a mix of grilled peppers, mushrooms and zucchini.

Marinate Time: 6 hours up to overnight

Recipe Time: 35 minutes

Makes 6 servings

- 1 beef Top Round Steak, cut 1 inch thick (about 1-1/2 pounds)

Marinade:

- 1/4 cup fresh lime juice
- 1/4 cup prepared mild salsa
- 1 tablespoon chopped garlic
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon coarse grind black pepper

Colorful Vegetables:

- 2 tablespoons olive oil
- 1 medium green or red bell pepper, cut into 1/4-inch strips
- 8 ounces button mushrooms, sliced 1/4-inch thick
- 2 cups sliced zucchini, 1/4-inch thick
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon coarse grind black pepper
- 1 cup finely chopped tomatoes
- 1/4 cup chopped green onions

1. Combine marinade ingredients in small bowl. Place beef steak and marinade 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. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) doneness, turning once. Do not overcook.
3. Meanwhile prepare Colorful Vegetables. Heat 2 tablespoons olive oil in large non-stick skillet over medium- high heat. Add bell pepper strips; cook and stir 1 to 2 minutes or until crisp-tender. Add mushrooms, zucchini, cumin, salt and black pepper; cook and stir 3 to 4 minutes or until crisp-tender. Add tomato and green onion; cook and stir 1 minute.
4. Carve steak into thin slices; season with salt, as desired. Serve with Colorful Vegetables.

Nutrition information per serving: 277 Calories; 117 Calories from Fat; 13 g fat (3 g Saturated Fat; 7 g Monounsaturated Fat); 77 mg Cholesterol; 303 mg Sodium; 8 g Total Carbohydrate; 2 g Dietary Fiber; 33 g Protein; 5.2 mg Niacin; 0.6 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 3.7 mg iron; 31.7 mcg Selenium; 4.3 mg Zinc; 130 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.



Barbeque Chipotle Burgers

Whip up your own beer-based barbecue sauce, then slather it on a perfectly prepared Ground Beef patty. Serve it all up in a “bun” of thick-sliced Texas Toast.

Total Recipe Time: 30 Minutes

Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1/2 cup beer
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1 tablespoon minced chipotle peppers in adobo sauce
- 1 tablespoon Worcestershire sauce
- 4 slices frozen Texas Toast
- 2 spears pickled okra, sliced



1. To prepare barbecue sauce, combine beer, brown sugar, ketchup, chipotle peppers and Worcestershire sauce in saucepan; bring to a boil. Simmer 8 to 10 minutes until sauce is thickened; set aside.
2. Lightly shape Ground Beef into four 1/2-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.

3. Meanwhile, prepare Texas Toast according to package directions. Cut each piece of toast in half.

Cook's Tip: Fresh Texas toast, buttered, may be used instead of frozen product.

4. For each sandwich, spread 1 tablespoon barbecue sauce over one toast half. Top with burger, another tablespoon sauce and okra slices. Close sandwich.

Cook's Tip: Dill pickle chips or pickled jalapeño peppers may be substituted for pickled okra.

Nutrition information per serving: 254 Calories; 135 Calories from fat; 15g Total Fat (4 g Saturated Fat; 8 g Monounsaturated Fat;) 75 mg Cholesterol; 137 mg Sodium; 8 g Total Carbohydrate; 4.8 g Dietary Fiber; 24 g Protein; 3.1 mg Iron; 6.1 mg Niacin; 0.6 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 5.9 mg Zinc; 18.7 mcg Selenium; 85.7 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.