

June 2020 TV Recipes- Celebrate Summer with Steak!

Grilled Ribeye Steaks & Potatoes with Smoky Paprika Rub

Smoky seasoned steak and wedged potatoes grilled to perfection. Served with a simple sour cream and onion sauce.

Total Recipe Time: 30 minutes

Makes 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.*

T-Bone Steaks with Grilled Vegetables & Steak Sauce

Classic T-Bone Steaks are grilled alongside red peppers and mushroom kabobs. The entire meal is finished with a homemade steak sauce.

Total Recipe Time: 40 minutes

Makes 4 servings

- 2 beef T-Bone Steaks, cut 1 inch thick (about 2 pounds)
- 3 tablespoons mixed peppercorns (black, white, green and pink), coarsely ground
- 1 teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 small red, yellow, orange or green bell peppers, cut into 6 wedges each



- 8 ounces medium button mushrooms
- 2 tablespoons olive oil
- Salt and pepper

Sauce:

- 2 tablespoons butter
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- 3/4 cup ketchup
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce

1. Combine mixed peppercorns, salt and red pepper in small bowl. Reserve 1 teaspoon for sauce. Press remaining pepper mixture evenly onto beef steaks. Toss bell peppers and mushrooms with oil to coat in a large bowl; season with salt and pepper, as desired. Thread mushrooms evenly onto two 12-inch metal skewers.
2. Place steaks in center of grid over medium, ash-covered coals; arrange bell peppers and mushroom kabobs around steaks. Grill steaks, 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. Grill bell peppers and mushrooms 12 to 15 minutes or until tender, turning occasionally.
3. Meanwhile prepare sauce. Melt butter in small saucepan over medium heat. Add onion and garlic; cook and stir 4 to 5 minutes or until tender. Stir in remaining sauce ingredients and reserved 1 teaspoon pepper mixture; bring to a boil. Reduce heat; simmer 3 minutes to blend flavors, stirring occasionally. Place in blender or mini food processor container. Cover; process until puréed.
4. Remove bones and carve steaks into slices. Serve with sauce.

Nutrition information per serving: 444 calories; 23 g fat (8 g saturated fat; 11 g monounsaturated fat); 76 mg cholesterol; 1212 mg sodium; 28 g carbohydrate; 3.3 g fiber; 32 g protein; 8.1 mg niacin; 0.7 mg vitamin B6; 2.5 mcg vitamin B12; 5.4 mg iron; 16.3 mcg selenium; 6.0 mg zinc.

Tender Pepper-Rubbed Strip Steaks with Grilled Vegetable Trio

A peppery rub gives juicy Strip Steaks just the right amount of kick. Serve the steaks with grilled potatoes, onions and asparagus for a full meal.

Total Recipe Time: 45 minutes

Makes 4 servings

- 2 beef Strip Steaks Boneless, cut 1-inch thick (about 10 ounces each)
- 1-pound baby red-skinned potatoes, cut in half
- 3-1/2 ounces fresh pearl onions, unpeeled, cut in half
- 1-pound asparagus, trimmed
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- Salt

Rub:

- 3 cloves garlic, minced
- 2 teaspoons chopped fresh thyme
- 1 teaspoon chopped fresh oregano
- 1 teaspoon chopped fresh parsley
- 1/2 teaspoon lemon peel
- 1/2 teaspoon coarsely ground mixed peppercorns (black, white, green and pink)



1. Place potatoes in microwave-safe dish. Cover and microwave on HIGH 2-1/2 to 3 minutes or until crisp-tender. Let stand 5 minutes to cool slightly. Thread potato halves onto 10 to 12-inch metal skewers. Thread onion halves onto separate metal skewers.
2. Combine Rub ingredients; reserve 2 teaspoons for garnish. Press remaining herb mixture evenly onto beef steaks.
3. Place steaks on grid over medium, ash-covered coals; arrange potatoes, onions and asparagus around steaks. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill potatoes and onions 5 to 10 minutes (gas grill times remain the same) or until golden brown and tender; grill asparagus 6 to 10 minutes (covered, 8 to 12 minutes on gas grill) or until crisp-tender, turning occasionally.

Cook's Tip: To make asparagus spears easier to turn on the grill, thread them ladder-style onto two 10 to 12-inch metal skewers. Insert a skewer about 1 inch from each end of spear, leaving small space between spears. Use tongs to turn entire asparagus "ladder" for even cooking.

4. Remove potatoes and onions from skewers; peel onions. Combine potatoes, onions, lemon juice, and oil in large bowl. Toss to coat. Season with salt, as desired.
5. Carve steaks into slices. Season with salt, as desired; sprinkle with reserved herb mixture. Serve steaks with grilled vegetables.

Nutrition information per serving: 450 Calories; 135 Calories from fat; 15g Total Fat (5 g Saturated Fat; 0.5 g Monounsaturated Fat;) 130 mg Cholesterol; 100 mg Sodium; 29 g Total Carbohydrate; 4 g Dietary Fiber; 48 g Protein; 8.46 mg Iron; 1.18 mg Vitamin B₆; 6.22 mcg Vitamin B₁₂; 7.07 mg Zinc; 41.21 mcg Selenium; 124.87 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Maple-Balsamic Marinated Steak with Grilled Pear Salad

After a dip in a flavorful marinade, Strip Steaks are grilled with pears and onions to create a unique and tasty salad.

Total Recipe Time: 55 minutes

Makes 4 servings

- 2 beef Strip Steaks Boneless, cut 1-inch thick (about 8 to 10 ounces each)
- 2 Bartlett or red Anjou pears, halved and cored
- 1 medium red onion, cut into 12 wedges
- 8 cups mixed salad greens or arugula
- 1/4 cup chopped walnuts, chopped pecans, or sliced almonds
- 1/4 cup crumbled goat cheese, blue cheese, or Manchego cheese

Marinade:

- 1 cup reduced-fat or regular balsamic vinaigrette
- 1/4 cup maple syrup
- 2 teaspoons coarse grind black pepper
- 2 teaspoons dried thyme

1. Combine Marinade ingredients in small bowl. Reserve 1/2 cup marinade for dressing. Place beef Strip Steaks and 1/3 cup marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Reserve remaining marinade for brushing.
2. Soak two 10-inch bamboo skewers in water 10 minutes; drain. Thread onion wedges onto skewers. Brush onions and cut sides of pears with half reserved marinade.
3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals; arrange onions and pears around steaks. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium doneness (160°F), turning occasionally. Grill onions 12 to 15 minutes (13 to 16 minutes for gas) and pears 8 to 10 minutes (gas grill times remain the same) or until tender, turning occasionally and brushing steak, onions and pears with remaining reserved marinade.



- Remove onions from skewers. Chop onions and pears into bite-size pieces. Combine greens, pears, onions, cheese, nuts and reserved 1/2 cup marinade; toss gently to combine. Carve steaks into slices; season with salt, as desired. Serve with salad mixture.

Nutrition information per serving: 385 Calories; 135 Calories from fat; 15g Total Fat (5 g Saturated Fat; 4 g Monounsaturated Fat;) 74 mg Cholesterol; 658 mg Sodium; 40 g Total Carbohydrate; 5.2 g Dietary Fiber; 29 g Protein; 3.1 mg Iron; 10.8 mg NE Niacin; 0.6 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 5.3 mg Zinc; 29.9 mcg Selenium; 105.6 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, and Iron.

Espresso-Bourbon Steaks with Mashed Sweet Potatoes

Juicy Tenderloin Steaks are served with a unique espresso-bourbon sauce. To round it out, serve with mashed sweet potatoes and green beans for a delicious Southern-inspired meal.

Total Recipe Time: 45 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 4 ounces each)
- 2-1/8 to 4-1/8 teaspoons coarsely cracked black pepper, divided
- 9 ounces peeled and cubed sweet potatoes
- 1-1/8 teaspoon salt
- 2 tablespoons butter
- Steamed green beans (optional)

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



- Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat and simmer, uncovered 12 to 15 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in 1/8 teaspoon pepper. Keep warm.
- Press 2 to 4 teaspoons coarsely cracked pepper on both sides of beef steak. To grill, place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Meanwhile, prepare sweet potatoes. Place sweet potatoes and 1 teaspoon salt in large saucepan. Cover with water; bring to a boil. Cook 4 to 5 minutes or until potatoes are tender. Drain. Combine potatoes, butter, remaining 1/8 teaspoon salt and remaining 1/8 teaspoon black pepper. Beat until mashed and smooth.
- Evenly divide sauce onto 4 plates. Place steak on top of sauce. Serve with mashed sweet potatoes and green beans.

Nutrition information per serving: 380 Calories; 108 Calories from fat; 12g Total Fat (7 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 95 mg Cholesterol; 1100 mg Sodium; 29 g Total Carbohydrate; 2 g Dietary Fiber; 28 g Protein; 4 mg Iron; 1078.5 mg Potassium; 11.1 mg NE Niacin; 0.8 mg Vitamin B₆; 3.9 mcg Vitamin B₁₂; 4.5 mg Zinc; 24.5 mcg Selenium; 76.4 mg Choline. This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

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