

July 2020 TV Recipes—Grill Like You Mean It!

Italian Marinated Steak with Grilled Ratatouille

A grilled Top Round Steak is served with plenty of hearty vegetables. This recipe also includes enough for a salad the next day!

Marinate Time: 6 hours up to overnight

Recipe Time: 50 minutes

Makes 4 servings

- 1 beef Top Round Steak, cut 1-inch thick (about 1-1/2 pounds)
- 1 small eggplant, cut crosswise into ½-inch thick slices
- 2 large red or yellow bell peppers, cut lengthwise into quarters
- 1 medium zucchini, cut lengthwise in half
- 1 medium yellow squash, cut lengthwise in half
- 1-1/2 cups chopped fresh tomatoes
- 1/3 cup lightly packed chopped fresh basil
- Salt and ground black pepper

Marinade:

- 1/2 cup olive oil
- 1/2 cup dry white wine
- 3 tablespoons fresh lemon juice
- 4 cloves garlic, minced
- 1/2 teaspoon salt



1. Combine marinade ingredients in small bowl. Place beef steak and ½-cup 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. Cover and reserve remaining marinade in refrigerator.
2. Remove 2 tablespoons of reserved marinade for ratatouille; set aside. Brush vegetables (except tomatoes) with some of remaining reserved marinade.
3. Remove steak from marinade, discard marinade. Place steak in center of grid over medium, ash-covered coals; arrange vegetables around steak. Grill steak, covered, 12 to 14 minutes for medium-rare (145°F) doneness, turning occasionally. (Do not overcook.) Grill eggplant and bell peppers 12 to 15 minutes; zucchini and yellow squash 8 to 12 minutes or until tender, turning occasionally and basting with remaining reserved marinade.

Cook's Tip: *To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Place steak and vegetables on grid as directed above. Grill steak, covered, 16 to 19 minutes for medium-rare (145°F) doneness, turning occasionally. (Do not overcook.) Grill eggplant 6 to 8 minutes; bell peppers, zucchini and yellow squash 7 to 11 minutes or until vegetables are tender, turning occasionally and basting with reserved marinade.*

4. Cut grilled vegetables into 1-inch pieces. Carve steak into thin slices. Cover and refrigerate 1 cup each vegetable and steak slices to use in another recipe. For ratatouille, combine remaining vegetables, tomatoes, basil and reserved 2 tablespoons marinade in medium bowl; toss to coat. Season ratatouille and remaining steak with salt and black pepper, as desired. Serve ratatouille with steak.

Nutrition information per serving: 347 Calories; 171 Calories from fat; 19g Total Fat (4 g Saturated Fat; 12 g Monounsaturated Fat;) 61 mg Cholesterol; 199 mg Sodium; 12 g Total Carbohydrate; 3.4 g Dietary Fiber; 30 g Protein; 3.3 mg Iron; 6.5 mg NE Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.3 mg Zinc; 31.5 mcg Selenium.

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

Top Round Ranch Salad (Red, White and Beef Salad)

Steak Salad with a Southwestern twist. Hearty and lean Top Round Steak is marinated in salsa for max flavor, then served on a bed of greens, corn and beans with creamy ranch.

Marinate Time: 6 hours up to overnight

Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Top Round Steak, cut 1-inch thick (about 1-1/2 pounds)
- 1 cup prepared salsa
- 8 cups chopped iceberg lettuce or pre-packaged iceberg lettuce mix
- 1 can (15 ounces) black beans, rinsed, drained
- 1 cup frozen corn, thawed
- 1/3 cup prepared ranch dressing
- 1/3 cup prepared salsa
- 1 cup broken tortilla chips (optional)



1. Place beef Top Round Steak and 1 cup salsa 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 steak, covered, 12 to 14 minutes (over medium heat on preheated gas grill 16 to 19 minutes) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
3. Meanwhile, combine lettuce, beans and corn in shallow serving bowl; toss. Carve steak into thin slices; arrange on top of salad. Drizzle dressing and 1/3 cup salsa separately over beef. Sprinkle with chips, if desired.

Nutrition information per serving, using top round: 291 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 66 mg Cholesterol; 466 mg Sodium; 17 g Total Carbohydrate; 4.5 g Dietary Fiber; 31 g Protein; 3.7 mg Iron; 5.4 mg NE Niacin; 0.5 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.1 mg Zinc; 31.9 mcg Selenium; 119.1 mg Choline.

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

Carnitas-Style Grilled Beef Tacos

Beef Flat Iron Steaks get big south-of-the-border flavor from cilantro, onions and tomatillos.

Marinate Time: 15 minutes to 2 hours

Recipe Time: 45 minutes

Makes 6 servings

- 4 beef Flat Iron Steaks (about 8 ounces each)
- 18 small corn tortillas (6 to 7-inch diameter)

Toppings:

- Minced onion, chopped fresh cilantro leaves, lime wedges

Marinade:

- 1 cup prepared tomatillo salsa
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 teaspoons minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Avocado Salsa:

- 1-1/2 cups prepared tomatillo salsa



- 1 large avocado, diced
- 2/3 cup chopped fresh cilantro
- 1/2 cup minced white onion
- 1 tablespoon fresh lime juice
- 1 teaspoon minced garlic
- 1/2 teaspoon salt

1. Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile combine avocado salsa ingredients in medium bowl. Set aside.
4. Place tortillas on grid. Grill until warm and slightly charred. Remove; keep warm.
5. Carve steaks into slices. Serve in tortillas with avocado salsa. Top with onion, cilantro and lime wedges, as desired.

Nutrition information per serving, using flat iron steaks: 493 Calories; 171 Calories from fat; 19g Total Fat (5 g Saturated Fat; 9 g Monounsaturated Fat;) 68 mg Cholesterol; 407 mg Sodium; 45 g Total Carbohydrate; 7.4 g Dietary Fiber; 35 g Protein; 4.4 mg Iron; 6.1 mg NE Niacin; 0.7 mg Vitamin B₆; 4.1 mcg Vitamin B₁₂; 11.4 mg Zinc; 27.7 mcg Selenium.

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

Churrasco Steak Sandwich

Beef Top Sirloin Steak is seasoned with garlic, grilled, and served on a crusty roll with a chimichurri sauce and colorful peppers.

Total Recipe Time: 40 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, 1-inch thick (about 1 pound)
- 1-1/2 cups lightly packed fresh parsley leaves
- 5 cloves garlic, divided
- 2 tablespoon fresh lime juice
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 4 hoagie rolls, split, toasted
- 1 medium red bell pepper, cut in half
- 4 slices Provolone, Manchego or Chihuahua cheese



1. Place parsley and 4 cloves garlic in food processor or blender container. Cover; process until finely chopped. Add lime juice, oil and salt; process just until just blended. Refrigerate until ready to use.
2. Mince remaining clove garlic and rub over both sides of beef Steak. Place Steak in center of grid over medium, ash-covered coals; arrange bell pepper around Steak. Grill Steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill bell pepper 6 to 8 minutes (gas grill times remain the same) or until tender, turning occasionally.
3. Carve Steak into thin slices. Cut pepper halves into strips. Season beef and peppers with salt and pepper. Spread cut sides of rolls with parsley mixture. Evenly layer beef, pepper strips and cheese over parsley mixture. Close sandwich. Place sandwiches back on grill; grill, covered, 2 to 3 minutes.

Nutrition information per serving: 539 Calories; 216 Calories from fat; 24g Total Fat (9 g Saturated Fat; 9 g Monounsaturated Fat;) 89 mg Cholesterol; 780 mg Sodium; 39 g Total Carbohydrate; 3.5 g Dietary Fiber; 41 g Protein; 4.9 mg Iron; 14.7 mg NE Niacin; 0.7 mg Vitamin B₆; 1.9 mcg Vitamin B₁₂; 6.1 mg Zinc; 35.1 mcg Selenium; 109.1 mg Choline.

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

Pesto Steak and Arugula Pizza

A delicious new take on a pizza, this recipe features grilled Sirloin Steak, pesto, tomatoes, and arugula atop your favorite pizza dough. Nutrients in every slice.

Total Recipe Time: 50 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak boneless, cut 1-inch thick (1 pound)
- 2 tablespoons basil pesto
- 2 tablespoons fresh lemon juice
- 1 refrigerated whole grain, whole wheat or regular pizza dough (about 1 pound)
- Nonstick cooking spray
- 1 cup yellow and/or red cherry or grape tomatoes, halved or quartered if large
- 1/2 cup reduced-fat shredded Italian blend cheese
- Salt
- 1 cup arugula or baby spinach leaves
- 1/8 to 1/4 teaspoon crushed red pepper (optional)



1. Combine pesto and lemon juice in small bowl. Evenly brush beef steak with 1 tablespoon pesto mixture.
2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, preheat oven to 425°F. Spray 10 x 15-inch rimmed baking sheet with cooking spray. Place dough on baking sheet and pat dough to edges of baking sheet. Spread dough with remaining 3 tablespoons pesto mixture. Top with tomatoes and cheese. Bake in 425°F oven, 15 to 18 minutes or until crust is golden brown.
4. Carve steak into slices; season with salt, if desired. Top pizza evenly with arugula and steak slices; sprinkle with red pepper, as desired.

Nutrition information per serving: 482 Calories; 126 Calories from fat; 14g Total Fat (4 g Saturated Fat; 2 g Monounsaturated Fat;) 80 mg Cholesterol; 573 mg Sodium; 49 g Total Carbohydrate; 8.8 g Dietary Fiber; 39 g Protein; 4.9 mg Iron; 10.6 mg NE Niacin; 0.6 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5 mg Zinc; 30.5 mcg Selenium; 102.6 mg Choline. *This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline.*

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

