

## **May 2021 TV Recipes—Grill Like You Mean It! Beef Recipes**

*Grilling is one of the most exciting ways to enjoy beef. Whether cooking on a gas or charcoal grill, in the backyard or at a tailgate, this cooking method provides maximum flavor and optimal tenderness!*

### **Grilled Flank Steak and Potato Salad**

*If you like potato salad, this recipe is for you. Beef up this summer staple with flavorful beef Flank Steak, barbecue sauce, and colorful peppers in a tasty vinaigrette.*

Total Recipe Time: 45 minutes

Makes 4 servings

- 1 beef Flank Steak (about 1-1/4 pounds)
- 1/2 cups barbecue sauce
- 1/2 teaspoon prepared horseradish
- 1/4 teaspoon Cajun seasoning blend
- 1/2 cup prepared balsamic vinaigrette.
- 1/4 cup diced green bell pepper
- 1/4 cup diced red bell pepper
- 8 ounces Bibb lettuce

#### **Potato Salad:**

- 1/4 cup mayonnaise
- 1/4 cup dairy sour cream
- 1 teaspoon Dijon-style mustard
- 1 teaspoon Worcestershire sauce
- 1 pound small new potatoes, quartered, boiled, drained and cooled
- 1/4 cup sliced green onions
- 1 slice bacon, cooked, cooled and crumbled
- 1 tablespoon chopped chives
- 1 tablespoon snipped fresh dill

#### **Garnish:**

- 1/2 cup French fried onions (optional)

1. Combine barbecue sauce, horseradish and Cajun seasoning in small bowl; mix thoroughly. Cover and refrigerate until ready to use.
2. Combine balsamic vinaigrette and peppers in small bowl; mix thoroughly. Cover and refrigerate until ready to use.
3. Combine mayonnaise, sour cream, mustard and Worcestershire sauce in large bowl. Add potatoes, green onions, bacon, chives and dill; mix thoroughly. Season with salt and pepper, as desired. Cover and refrigerate until ready to use.
4. Brush beef Flank Steak with barbecue sauce. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and basting with remaining barbecue sauce during last 5 to 10 minutes. Remove steak from grill; thinly slice steak diagonally across the grain; keep warm.
5. Divide lettuce between four plates. Top with potato salad and steak. Drizzle with prepared balsamic dressing and peppers. Season with salt and pepper, as desired. Garnish with onions, as desired.



**Nutrition information per serving:** 584 Calories; 278.1 Calories from fat; 30.9g Total Fat (7.7 g Saturated Fat; 0.2 g Trans Fat; 6.7 g Polyunsaturated Fat; 5.6 g Monounsaturated Fat;) 87 mg Cholesterol; 896 mg Sodium; 38.7 g Total Carbohydrate; 3.5 g Dietary Fiber; 28.9 g Protein; 3.6 mg Iron; 1109 mg Potassium; 8.5 mg NE Niacin; 0.8 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5 mg Zinc; 28.6 mcg Selenium; 126.1 mg Choline. This recipe is an excellent source of Protein, Potassium, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

# Grilled Beef Tri-Tip Salad with Balsamic Dressing

*Craving a hearty salad? Beef Tri-Tip Roast is marinated in a tangy balsamic vinaigrette and cooked on the grill. Paired with greens and other colorful vegetables for the perfect plate.*

Total Recipe Time: 50 minutes

Makes 8 servings

- 1 beef Tri-tip Roast (1-1/2 to 2 pounds)

## Marinade and Dressing:

- 1/2 cup balsamic vinaigrette
- 1-1/2 tablespoons Dijon-style mustard
- 1 tablespoon honey

## Salad:

- 6 cups arugula leaves
- 1 cup cherry tomatoes, halved
- 1/2 cup cooked sweet corn, chilled
- 1/4 cup diced red onion
- 1/2 cup reduced-fat feta cheese crumbles
- 1/4 teaspoon freshly ground black pepper



1. Combine vinaigrette and mustard ingredients in small bowl. Place beef Tri-Tip Roast and 1/2 cup marinade to food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Stir in honey to remaining 1/4 cup marinade. Cover and refrigerate until ready to use.
2. Remove roast from marinade; discard marinade. Pat dry with paper towel. Prepare gas grill for indirect cooking by lighting two thirds to one half your grill, leaving remainder off. When grill is hot (10 to 15 minutes), place roast directly above flames. Cover and sear all sides of roast, approximately 8 minutes each. Move roast to unlit area on grid. Cover and cook 14 to 16 minutes until medium rare (135°F) to medium (150°F) doneness, turning occasionally. Let stand 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium.)
3. Combine arugula, tomatoes, corn, onions and feta in large bowl; toss gently. Place on large platter. Carve roast against the grain into 1/4-inch slices; season with salt, as desired. Top salad with steak. Drizzle with reserved dressing and pepper, as desired.

**Nutrition information per serving:** 261 Calories; 115.2 Calories from fat; 12.8g Total Fat (1.3 g Saturated Fat; 0.2 g Trans Fat; 0.1 g Polyunsaturated Fat; 0.1 g Monounsaturated Fat;) 74 mg Cholesterol; 428 mg Sodium; 7.6 g Total Carbohydrate; 0.8 g Dietary Fiber; 25.1 g Protein; 1.7 mg Iron; 402 mg Potassium; 6.1 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 4.1 mg Zinc; 23.5 mcg Selenium; 88.7 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.

# Citrus-Rubbed Beef Top Sirloin & Fruit Kabobs

*This recipe combines fresh fruit and steak in a colorful, easy to eat kabob. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.*

Recipe Time: 45 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Center Cut, Boneless (about 1 pound)
- 1 medium orange
- 1/4 cup chopped fresh cilantro
- 1 tablespoon smoked paprika
- 1/4 teaspoon ground red pepper (optional)
- 4 cups cubed mango, watermelon, peaches and/or plums



## Garnish:

- Chopped fresh cilantro leaves
1. Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef Steak into 1-1/4-inch pieces. Place beef and 2-1/2 tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food safe plastic bag; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
  2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
  3. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
  4. Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

*Nutrition information per serving, using Choice grade beef: 239 Calories; 51.3 Calories from fat; 5.7g Total Fat (1.8 g Saturated Fat; 2.5 g Monounsaturated Fat;) 69 mg Cholesterol; 53 mg Sodium; 22 g Total Carbohydrate; 3.4 g Dietary Fiber; 28 g Protein; 3.2 mg Iron; 6.3 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 3.2 mcg Vitamin B<sub>12</sub>; 6.6 mg Zinc; 30.1 mcg Selenium; 109.7 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, and Choline.*

## Balsamic & Blue Cheese Steak Sandwich

*Use Flank Steak, arugula, blue cheese and ciabatta bread for a fresh and tasty sandwich. Perfect to make for lunch or a quick dinner.*

Recipe Time: 40 minutes

Makes 4 servings

- 1 beef Flank Steak (about 1 pound)
  - 1 teaspoon fennel seed, toasted, crushed
  - 3/4 cup balsamic vinegar, divided
  - 3 tablespoons olive oil, divided
  - 1 teaspoon salt
  - 1 teaspoon crushed black pepper
  - 1 ciabatta baguette loaf (about 15 inches)
  - 2 cups arugula
  - 3/4 crumbled blue cheese
1. Combine fennel seed, 1/2 cup balsamic vinegar, 1-1/2 tablespoons olive oil, salt and pepper in small bowl; mix well. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely; marinate in refrigerator 6 to 24 hours.
  2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals; grill steak, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steak diagonally into thin slices.
  3. Meanwhile cut ciabatta in half lengthwise; brush cut sides with remaining olive oil. Grill cut-side-down, during last 2 minutes of grilling beef.
  4. Place steak slices on bottom half of bread, top with arugula and blue cheese; drizzle with remaining balsamic vinegar. Close sandwich.



*Nutrition information per serving: 415 Calories; 198 Calories from fat; 22g Total Fat (9 g Saturated Fat; 10 g Monounsaturated Fat;) 86 mg Cholesterol; 829 mg Sodium; 21 g Total Carbohydrate; 0.9 g Dietary Fiber; 32 g Protein; 3 mg Iron; 7.1 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 1.7 mcg Vitamin B<sub>12</sub>; 5.1 mg Zinc; 30.4 mcg Selenium; 96.3 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, and Choline.*

## Treviso, Fig & Pear Steak Salad

*Top Sirloin Steak, radicchio and figs are grilled then chopped and topped with thinly sliced pear and pistachios. Not your everyday salad.*

Recipe Time: 30 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak boneless, cut 3/4 inch thick (about 1 pound)
- 1/3 cup plus 1/4 cup light balsamic vinaigrette, divided
- 1/4 teaspoon pepper
- 2 large heads Treviso radicchio, cut lengthwise in half
- 6 fresh figs, stems removed, cut in half
- 1 tablespoon olive oil
- 1 ripe Bartlett pear, cored, thinly sliced
- 3 tablespoons coarsely chopped pistachio nuts



1. Place beef Top Sirloin Steak Boneless, 1/3 cup vinaigrette and pepper in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning once.
2. Remove steak from marinade; discard marinade. Brush radicchio and figs lightly with oil. Place steak in center of grid over medium, ash-covered coals; arrange radicchio and figs around steak. Grill steak, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill radicchio 8 to 10 minutes (for gas grill, 6 to 8 minutes) and figs 5 to 7 minutes (for gas grill, 3 to 6 minutes) or until radicchio is tender and figs soften and begin to brown, turning occasionally.

**Cook's Tip:** Two heads regular red-leaved radicchio may be substituted for Treviso radicchio. Grilling time remains the same.

**Cook's Tip:** Six dried figs may be substituted for fresh. Rehydrate in hot water according to package directions before using. Omit grilling step. Cut figs in half and arrange in salad as directed above.

3. Carve steak into thin slices. Remove and discard cores from radicchio; coarsely chop. Season beef and radicchio with salt, as desired. Arrange radicchio, steak, figs, and pear slices on platter; top with remaining 1/4 cup vinaigrette and pistachios.

**Nutrition information per serving:** 370 Calories; 126 Calories from fat; 14g Total Fat (3 g Saturated Fat; 6 g Monounsaturated Fat;) 49 mg Cholesterol; 407 mg Sodium; 32 g Total Carbohydrate; 5.7 g Dietary Fiber; 30 g Protein; 3.3 mg Iron; 8.3 mg NE Niacin; 0.8 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 6.2 mg Zinc; 32.7 mcg Selenium. This recipe is an excellent source of Dietary Fiber, Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron.

## Smoky Cilantro Pesto Beef Crostini

*Homemade pesto comes together quickly before being spread on a baguette and topped with grilled steak and cheese.*

Recipe Time: 45 minutes

Makes 24 servings

- 2 beef Ranch Steaks, cut 1-inch thick (about 8 ounces each)
- 24 slices baguette bread, cut diagonally 1/2 inch thick
- 1/4 cup grated Cotija cheese
- 1/4 cup chopped fresh cilantro

### Smoky Cilantro Pesto:

- 3 cups loosely packed fresh cilantro leaves
- 1/4 cup pine nuts, lightly toasted
- 2 small chipotle peppers in adobo sauce
- 2 cloves garlic



- 1 tablespoon fresh lime juice
- 1/4 teaspoon ground black pepper
- 1/2 cup grated Cotija cheese
- 1/2 cup olive oil

1. Prepare Smoky Cilantro Pesto. Place cilantro, pine nuts, chipotle peppers, garlic, lime juice and black pepper in food processor container. Cover; process until finely chopped. Add cheese; pulse on and off until just combined. With motor running, slowly add oil through opening in cover, processing until smooth.

*Cook's Tip: For less heat, remove seeds from chipotle peppers.*

2. Spread 1/4 cup pesto evenly onto beef Ranch Steaks. Place steaks in glass dish. Cover and marinate in refrigerator 15 minutes to 2 hours. Cover and refrigerate remaining pesto.

*Cook's Tip: Two beef Flat Iron Steaks (about 8 ounces each) or 4 beef Tenderloin Steaks, cut 1 inch thick, may be substituted for Ranch Steaks. Grill Flat Iron Steaks on charcoal grill, 10 to 14 minutes (on gas grill, 12 to 16 minutes); grill Tenderloin Steaks on charcoal grill, 10 to 14 minutes (on gas grill 11 to 15 minutes) for medium rare to medium doneness, turning occasionally.*

3. Place steaks on grid over medium, ash-covered coals. Arrange 12 bread slices around steaks. Grill steaks, covered, 11 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. Grill bread slices 2 to 3 minutes or until lightly toasted, turning once. Remove bread slices from grill. Repeat with remaining 12 bread slices.
4. Spread 2 teaspoons remaining pesto on each toasted bread slice. Carve steaks into thin slices. Place beef slices evenly over bread slices. Top evenly with 1/4 cup cheese and chopped cilantro. Serve immediately.

*Cook's Tip: Grated Parmesan cheese may be substituted for the Cotija cheese.*

**Nutrition information per serving:** 148 Calories; 81 Calories from fat; 9g Total Fat (2 g Saturated Fat; 5 g Monounsaturated Fat;) 13 mg Cholesterol; 136 mg Sodium; 11 g Total Carbohydrate; 1 g Dietary Fiber; 6 g Protein; 0.9 mg Iron; 1.2 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 0.8 mcg Vitamin B<sub>12</sub>; 1.4 mg Zinc; 6.4 mcg Selenium. This recipe is an excellent source of Vitamin B<sub>12</sub>; and a good source of Protein, Zinc, and Selenium.

Wisconsin Beef Council  
 957 Liberty Drive, Ste 201  
 Verona, WI 53593  
 Beeftips.com

