

June 2022 TV —Grilled Steak Recipes

Nothing says summer quite like the sound of real beef sizzling on the grill, and there is no better time to enjoy a juicy STEAK than now! Check out these recipes!

Grecian Beef Strip Steaks & Mushroom Kabobs

Beef Strip Steak gets the Greek treatment paired with lemon, feta and mushrooms.

Recipe time: 30 minutes

Makes 4 servings

- 2 beef Strip Steaks Boneless, cut 1 inch thick (10 ounces each)
- 1-pound medium mushrooms
- 1 medium red onion, cut into wedges
- 2 tablespoons olive oil
- 6 lemon wedges
- 1/4 cup crumbled feta cheese (optional)

Lemon Pepper Rub:

- 1 tablespoon minced garlic
- 2-1/2 teaspoons lemon pepper
- 1-1/2 teaspoons dried oregano leaves

1. Combine Lemon Pepper Rub ingredients. Combine mushrooms, onion, oil and 2 teaspoons rub in medium bowl; toss. Alternately thread mushrooms and onion onto six 12-inch metal skewers. Finish with a lemon wedge.
2. Press remaining rub onto beef Strip Steaks. Place steaks and kabobs on grid over medium, ash-covered coals. 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 kabobs 6 to 8 minutes or until mushrooms are tender, turning occasionally.
3. Remove vegetables from skewers; toss with cheese, if desired. Carve steaks into slices. Season beef and vegetables with salt, as desired.



***Nutrition information per serving:** 304 Calories; 126 Calories from fat; 14g Total Fat (4 g Saturated Fat; 8 g Monounsaturated Fat;) 86 mg Cholesterol; 273 mg Sodium; 9 g Total Carbohydrate; 1.4 g Dietary Fiber; 35 g Protein; 2.7 mg Iron; 17.9 mg NE Niacin; 0.9 mg Vitamin B₆; 1.9 mcg Vitamin B₁₂; 7.1 mg Zinc; 66 mcg Selenium; 146.7 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Iron.*

Grilled Steak with Mango Salsa

Marinated beef Top Round Steak is grilled and served with a fresh and spicy mango salsa.

Recipe time: 30 minutes

Makes 4 servings

- 1 beef Top Round Steak, 3/4 inch thick (about 1 pound)
- 4 cups hot cooked couscous (1-1/2 cup dry)
- 2 cups sugar snap peas, steamed

Marinade:

- 1/4 cup fresh lime juice
- 2 tablespoons minced green onion
- 2 tablespoons water
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced garlic
- 1/4 teaspoon salt

Mango Salsa:



- 1-1/2 cups finely diced fresh mango
- 2 tablespoons minced green onion
- 1 tablespoon fresh lime juice
- 1 tablespoon minced fresh cilantro
- 1 red serrano or red jalapeño pepper, seeded, finely chopped

1. Combine marinade ingredients. Place beef Top Round 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. Just before grilling steak, combine salsa ingredients in medium bowl. Cover and refrigerate until ready to serve.
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, about 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook).
4. Carve steak into thin slices. Season with salt and pepper, as desired. Serve with salsa, couscous and sugar snap peas.

Nutrition information per serving: 350 Calories; 27 Calories from fat; 3g Total Fat (1 g Saturated Fat; 0 g Trans Fat; 0.4 g Polyunsaturated Fat; 1.3 g Monounsaturated Fat;) 55 mg Cholesterol; 180 mg Sodium; 53 g Total Carbohydrate; 3 g Dietary Fiber; 27 g Protein; 4 mg Iron; 528 mg Potassium; 12.8 mg NE Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 3.8 mg Zinc; 182.7 mcg Selenium; 69.3 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

Southwest Marinated Beef Flank Steak with Grilled Peppers

Store-bought Italian dressing is spiced up with lime juice, honey and cumin to create a flavorful marinade for Flank Steak and peppers!

Recipe time: 30 minutes

Makes 6 servings

- 1 beef Flank Steak, cut 1 inch thick (about 1-1/2 pounds)
- 3 red, yellow or green bell peppers, quartered

Marinade:

- 1/2 cup prepared Italian dressing
- 1/4 cup fresh lime juice
- 1 tablespoon honey
- 1-1/2 teaspoons ground cumin

1. Combine marinade ingredients in small bowl. Place beef Flank Steak and 1/3 cup 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. Refrigerate remaining marinade.
2. Remove steak; discard marinade. Brush bell peppers with some of remaining marinade. Place steak and peppers on grid over medium, ash-covered coals. Grill steak, 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. Grill peppers 12 to 15 minutes or until tender, turning occasionally. Brush steak and peppers occasionally with remaining marinade; do not brush during last 5 minutes.
3. Carve steak across the grain into thin slices. Season with salt. Serve with peppers.



Nutrition information per serving: 234 Calories; 99 Calories from fat; 11g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 66 mg Cholesterol; 246 mg Sodium; 9 g Total Carbohydrate; 1.2 g Dietary Fiber; 24 g Protein; 1.8 mg Iron; 7.4 mg NE Niacin; 0.7 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.5 mg Zinc; 27.6 mcg Selenium; 94.6 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

Ribeye Steaks with Blue Cheese Butter & Mushrooms

Ribeyes and Portobello mushrooms are grilled and served with a compound butter. Bonus recipe for sandwiches using leftovers included.

Recipe time: 40 minutes

Makes 4 servings

- 4 beef Ribeye Steaks Boneless, cut 1 inch thick (about 12 ounces each)
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh thyme
- 1/2 teaspoon pepper
- 8 medium portobello mushrooms, stems removed (about 1-3/4 pounds)
- 1/4 cup olive oil
- Salt
- Chopped fresh parsley (optional)



Blue Cheese Butter:

- 1/2 cup crumbled blue cheese
- 1/4 cup butter, softened
- 3 tablespoons chopped rehydrated sun-dried tomatoes, not packed in oil
- 1 tablespoon chopped fresh parsley

1. Combine garlic, thyme and pepper; press evenly onto beef steaks. Set aside.
2. Brush mushrooms with oil. Place steaks on grid over medium, ash-covered coals; arrange mushrooms 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 mushrooms 16 to 18 minutes (over medium heat on preheated gas grill, 12 to 15 minutes) or until tender, turning occasionally.
3. Meanwhile, combine Blue Cheese Butter ingredients in small bowl until well blended.
4. Cover and refrigerate 2 steaks, 4 mushrooms and 1/2 cup Blue Cheese Butter to use in Ribeye Steak Sandwiches. Spread remaining Blue Cheese Butter over remaining 2 steaks. Coarsely chop remaining 4 mushrooms; divide evenly among 4 plates. Carve steaks into slices; arrange evenly over mushrooms. Season with salt, as desired. Garnish with parsley, if desired.

Ribeye Steak Sandwiches: Toast eight 1/2-inch-thick slices olive bread. Spread 1 tablespoon leftover Blue Cheese Butter on 1 side of each bread slice. Carve leftover grilled steaks into slices; season with salt and pepper, as desired. Divide slices evenly among buttered sides of 4 bread slices. Top each with 1 leftover grilled mushroom. Divide 1-1/2 cups fresh baby spinach evenly over mushrooms. Close sandwiches with remaining bread slices, buttered sides down. Cut sandwiches in half; serve.

Nutrition information per serving for Ribeye Steaks with Blue Cheese Butter and Mushrooms: 337 Calories; 180 Calories from fat; 20g Total Fat (7 g Saturated Fat; 9 g Monounsaturated Fat;) 89 mg Cholesterol; 159 mg Sodium; 6 g Total Carbohydrate; 1.6 g Dietary Fiber; 32 g Protein; 0 mg Calcium; 2.6 mg Iron; 11.6 mg NE Niacin; 0.7 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 5.8 mg Zinc; 45.3 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.

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Spicy Five-Pepper T-Bone Steaks

This recipe for lean T-Bone steaks includes a homemade Spicy Peppercorn Steak Sauce for big flavor!

Total recipe time: 1 hour

Makes 4 servings.

- 2 beef T-Bone Steaks, cut 1-inch thick (about 16 ounces each)

Five-Pepper Seasoning:

- 3 tablespoons coarsely ground mixed peppercorns (black, white, green and pink)
- 2 teaspoons kosher salt
- 1/8 teaspoon ground red pepper

Spicy Peppercorn Steak Sauce:

- 2 teaspoons vegetable oil
- 1/4 cup chopped onion
- 1 teaspoon minced garlic
- 1 cup ketchup
- 1/2 cup beef broth
- 1/3 cup raisins
- 3 tablespoons balsamic vinegar
- 1 tablespoon molasses
- 1 tablespoon soy sauce
- Additional beef broth (optional)



1. Combine Five-Pepper Seasoning ingredients in small bowl; mix well. Reserve 2 teaspoons for Spicy Peppercorn Steak Sauce. Set aside remaining mixture for seasoning beef T-Bone Steaks.

***Cook's Tip:** Mixed peppercorns are sold in specialty food markets and some supermarkets. If a four-peppercorn mix is not available, a three-peppercorn mix may be substituted. Or make your own mix by combining equal amounts of whole black, white, green and pink peppercorns.*

2. To prepare Spicy Peppercorn Steak Sauce, heat oil in small saucepan over medium heat until hot. Add onion and garlic; cook and stir 1 to 2 minutes or until tender but not browned. Stir in ketchup, broth, raisins, vinegar, molasses, soy sauce and reserved 2 teaspoons Five-Pepper Seasoning; bring to a boil. Reduce heat; simmer gently 10 minutes to blend flavors, stirring occasionally. (Sauce will thicken slightly.)
3. Place sauce in blender or food processor container. Cover; pulse on and off for slightly chunky texture. (For a thinner sauce, additional broth may be added 1 tablespoon at a time; pulse on and off after each addition.) Return sauce to saucepan; keep warm until ready to serve.
4. Press remaining Five-Pepper Seasoning evenly onto beef steaks. 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.
5. Remove bones; carve steaks crosswise into slices. Serve with sauce.

Recipe as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

***Nutrition information per serving:** 335 Calories; 99 Calories from fat; 11g Total Fat (3 g Saturated Fat; 5 g Monounsaturated Fat;) 48 mg Cholesterol; 1984 mg Sodium; 35 g Total Carbohydrate; 3.1 g Dietary Fiber; 26 g Protein; 4.5 mg Iron; 5.1 mg NE Niacin; 0.5 mg Vitamin B₆; 1.9 mcg Vitamin B₁₂; 4.6 mg Zinc; 9.8 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, and Zinc; and a good source of Dietary Fiber, and Selenium.*