

June 2023 TV —Father’s Day Steak Recipes

Give Dad what he really wants this Father’s Day—a tender, juicy steak dinner! Nothing says “I love you Dad!” like a great meal, that is easy enough to be prepared for Dad. OR, if Dad is the grill master, he can tackle these recipe himself. Check out these recipes that would be perfect to make for Dad this Father’s Day or any summer day!

Sonoma Steaks with Vegetables Bocconcini

Imagine a caprese salad on the grill. Then add juicy Strip Steaks, fresh zucchini and crunchy yellow peppers. Mind and taste buds blown!

Recipe time: 30 minutes

Makes 4 servings

- 2 beef Strip Steaks Boneless, cut 3/4 inch thick (about 8 ounces each)
- 1 container (9 to 16 ounces) herb-marinated small fresh mozzarella balls (bocconcini)
- 3 tablespoons balsamic vinegar
- 1 medium zucchini, cut diagonally into 1/4-inch thick slices
- 1 large yellow bell pepper, cut into 3/4-inch wide strips
- 1 cup small red grape tomatoes
- Salt



1. Drain bocconcini, reserving 1/3 cup marinade. Combine reserved marinade and vinegar in small bowl. Toss zucchini and bell pepper with 2 tablespoons marinade mixture in large bowl; cover and refrigerate until ready to use. Place beef Strip Steaks Boneless and remaining marinade mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.

Cook's Tip: *Bocconcini are small balls of fresh mozzarella cheese. They are sold packaged in marinade or water (whey). Be sure to purchase the type packaged in an herb-oil marinade for this recipe. Two large balls (eight ounces) fresh mozzarella cheese, cut into twenty-four 1-1/4-inch pieces may be substituted. Substitute Italian dressing for bocconcini marinade as directed above. Marinate cheese in additional 2 tablespoons dressing while steaks and vegetables marinate.*

2. Remove steaks from marinade; discard marinade. Remove vegetables from marinade; place in grill basket. Place steaks on one half of grid over medium, ash-covered coals; place grill basket on other half of grid. Grill steaks, covered, 7 to 10 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Grill vegetables 10 to 13 minutes or until crisp-tender, stirring occasionally. Add tomatoes during last 2 minutes of grilling.
3. Combine grilled vegetables and bocconcini in large bowl; toss gently to combine. Carve steaks into slices; season with salt, as desired. Serve with vegetable mixture.

Nutrition information per serving, using non-marinated mozzarella: 380 Calories; 189 Calories from fat; 21g Total Fat (12 g Saturated Fat; 3 g Monounsaturated Fat;) 106 mg Cholesterol; 152 mg Sodium; 8 g Total Carbohydrate; 1.8 g Dietary Fiber; 38 g Protein; 2.4 mg Iron; 8 mg NE Niacin; 0.8 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.9 mg Zinc; 29 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.

Ribeye Steaks with Balsamic Mushroom Sauce

This recipe is full of umami, or the savory taste. Rich Ribeye Steaks are served with mushrooms in a tart balsamic vinegar sauce.

Recipe time: 45 minutes

Makes 4 servings

- 2 beef Ribeye Steaks, 1-inch thick (about 8 ounces each)
- 1 package (8 ounces) cremini or button mushrooms, cut in half
- 1 teaspoon dried thyme
- 3/4 cup balsamic vinegar
- 2 tablespoons butter
- 1/4 teaspoon salt



1. Heat large nonstick skillet over medium heat until hot. Place beef Ribeye Steaks in skillet; cook steaks 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Season with salt and pepper, as desired.
2. Add mushrooms and thyme to same skillet; cook and stir 3 to 5 minutes or until tender. Remove mushrooms; set aside. Add balsamic vinegar to skillet; increase heat to medium-high. Cook and stir 7 to 10 minutes or until browned bits attached to skillet are dissolved and sauce is reduced to 1/4 cup. Stir in butter, mushrooms and 1/4 teaspoon salt. Cook and stir until heated through.
3. Season steaks with salt and pepper, as desired. Serve sauce with steaks.

Nutrition information, 1/2 of the recipe: 493 Calories; 198 Calories from fat; 22g Total Fat (11 g Saturated Fat; 7 g Monounsaturated Fat;) 138 mg Cholesterol; 409 mg Sodium; 21 g Total Carbohydrate; 0.9 g Dietary Fiber; 45 g Protein; 4.5 mg Iron; 16.6 mg NE Niacin; 1 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 9.1 mg Zinc; 79.9 mcg Selenium; 28 mg Choline. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.*

Classic Beef Surf & Turf

For an intimate dinner with close friends or family, or maybe for Dad on Father's Day, serve this show stopping dinner with beef Tenderloin Steaks and your favorite seafood. Everyone at your table will think they are dining at a high-end restaurant.

Recipe time: 25 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 3/4 inch thick (about 4 ounces each)
- 2 tablespoons butter, divided
- 1 lemon
- 6 ounces cooked crab meat, lobster tail meat or shrimp, diced
- 1 pound asparagus, trimmed
- 1-1/3 cup prepared hollandaise sauce, warmed

Garnish

- Chopped fresh parsley leaves, cayenne pepper (optional)

1. Grate peel of lemon; juice lemon. Melt remaining 1 tablespoon butter in same skillet. Stir in lemon juice and crabmeat; cook 2 to 3 minutes.



- Melt 1 tablespoon butter in large nonstick skillet over medium heat. Place beef Tenderloin Steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Meanwhile, steam asparagus until crisp-tender.

***Cook's Tip:** To grill, place steaks on grid over medium, ash-covered coals; arrange asparagus around steaks. Grill steaks, covered, 7 to 10 minutes (timings remain the same for gas grill). Do not overcook. Grill asparagus, covered, 6 to 10 minutes or until crisp tender, turning occasionally.*

- Place asparagus on large serving platter. Sprinkle with lemon peel; season with salt and pepper, as desired. Place steaks on top of asparagus; add crabmeat, reserving pan juices. Spoon hollandaise over steaks, asparagus and crabmeat. Drizzle steaks with pan juices. Garnish with parsley and cayenne pepper, if desired.

Nutrition information per serving: 509 Calories; 342 Calories from fat; 38g Total Fat (20 g Saturated Fat; 12 g Monounsaturated Fat;) 396 mg Cholesterol; 267 mg Sodium; 6 g Total Carbohydrate; 2.5 g Dietary Fiber; 39 g Protein; 6.2 mg Iron; 7.2 mg NE Niacin; 0.9 mg Vitamin B₆; 5 mcg Vitamin B₁₂; 6.8 mg Zinc; 68.5 mcg Selenium; 117.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.

Santa Fe Grilled Beef Steak & Corn

A simple chili glaze is used as a spicy finishing touch for savory butter on grilled corn and steaks.

Recipe time: 40 minutes

Makes 4 servings

- 2 beef T-Bone Steaks, cut 1 inch thick (about 2 pounds)
- 4 ears sweet corn, in husks
- 3 tablespoons butter

Chili Glaze:

- 1/2 cup prepared steak sauce
- 2 teaspoons minced garlic
- 1-1/2 teaspoons chile powder
- 1/2 teaspoon ground cumin



- Peel corn, leaving husks attached at base; remove silk. Rewrap corn in husks; tie closed. Soak in cold water 30 minutes. Combine glaze ingredients; remove and reserve 1/4 cup.
- Drain corn. Place on grid over medium, ash-covered coals. Grill, covered, 20 to 30 minutes, turning frequently.
- After 5 or 10 minutes, place beef T-Bone Steaks on grid with corn. 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 and brushing with glaze during last 5 minutes.

***Cook's Tip:** Two Strip Steaks Boneless, cut 1 inch thick (about 1-1/4 pounds) may be substituted for T-Bone Steaks. For charcoal, grill, covered, 11 to 14 minutes (for gas, grill 11 to 15 minutes) for medium rare to medium doneness, turning occasionally*

- Combine reserved 1/4 cup glaze and butter in 1-cup glass measure. Microwave on HIGH 1-1/2 to 2 minutes, stirring once. Carefully peel corn; brush with chile butter. Serve with steaks and remaining chile butter.

Nutrition information per serving: 369 Calories; 162 Calories from fat; 18g Total Fat (8.5 g Saturated Fat; 0.35 g Trans Fat; 1.2 g Polyunsaturated Fat; 6.6 g Monounsaturated Fat;) 72 mg Cholesterol; 670 mg Sodium; 26 g Total Carbohydrate; 2.5 g Dietary Fiber; 27 g Protein; 4.1 mg Iron; 595 mg Potassium; 6.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 5.1 mg Zinc; 10.1 mcg Selenium; 114.8 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Choline; and a good source of Potassium, and Selenium.

Beef Tenderloin Steaks with Blue Cheese Topping

Recipe time: 25 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 1 pound)
- 1 large clove garlic, halved
- 1/2 teaspoon salt
- 2 teaspoons chopped fresh parsley leaves

Blue Cheese Topping:

- 2 tablespoons cream cheese
- 4 teaspoons crumbled blue cheese
- 4 teaspoons plain yogurt
- 2 teaspoons minced onion
- Dash ground white pepper



1. Combine topping ingredients in small bowl. Rub steaks with garlic.
2. Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. One to two minutes before steaks are done, top evenly with topping.

***Cook's Tip:** To grill, place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. One minute before steaks are done, top evenly with topping.*

3. Season with salt; sprinkle with parsley.

***Nutrition information per 3-ounce serving:** 206 Calories; 10g Total Fat; 4g Saturated Fat; 4g Monounsaturated Fat; 79mg Cholesterol; 406mg Sodium; 2g Total carbohydrate; 26g Protein; 1.8mg Iron; 7.3mg Niacin; 0.6mg Vitamin B6; 95.9mg Choline; 1.4mcg Vitamin B12; 4.6mg Zinc; 29.3mcg Selenium; 0.1g Fiber.*

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