

## August 2023 TV —Summertime Recipes for the Grill

If you have a garden, it's that time here in Wisconsin. After a couple months of tending to your plants you should be starting to reap the rewards. Or if you don't have your own garden, farmer's markets are in full-swing. We've pulled together some delicious beef recipes to help you enjoy your bounty. A little extra prep time to marinate and tenderize these less-tender steaks is needed—but it's well worth it!

### Garden Grill Tri-Tip

Tri-Tip Roast takes a dip in a flavorful marinade and then gets grilled alongside a vegetable medley (ratatouille if you're fancy).

Marinate time: 15 minutes to 2 hours

Active recipe time: 45 minutes

Makes 8 servings

- 1 beef Tri-Tip Roast (about 1-1/2 to 2 pounds)
- 1 small eggplant, cut crosswise into 1/2-inch thick slices
- 2 small red and/or yellow bell peppers, cut lengthwise into quarters
- 2 medium yellow squash and/or zucchini, cut lengthwise in half
- 1 cup grape tomatoes, cut in half
- 1/4 cup lightly packed chopped fresh basil
- Salt and ground black pepper



#### Marinade:

- 1/3 cup olive oil
- 1/3 cup dry white wine
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced garlic

1. Combine marinade ingredients in small bowl. Place beef roast and 1/3 cup marinade in food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Cover and reserve remaining marinade in refrigerator.
2. Remove 1/4 cup of reserved marinade for ratatouille; set aside. Toss vegetables (except tomatoes) with remaining marinade.
3. Remove roast from marinade; discard marinade. Place roast in center of grid over medium, ash-covered coals or over medium heat on preheated gas grill; arrange vegetables (except tomatoes) around roast. Grill roast, covered, 25 to 35 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill eggplant and bell peppers 7 to 11 minutes; zucchini and yellow squash 8 to 12 minutes (on gas grill, eggplant 6 to 8 minutes; bell peppers, zucchini and yellow squash 7 to 11 minutes) or until tender, turning occasionally.
4. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
5. Meanwhile, cut grilled vegetables into 1-inch pieces. Combine vegetables, tomatoes, basil and reserved 1/4 cup marinade in large bowl; toss to coat. Carve roast diagonally across the grain into thin slices. Season roast and ratatouille with salt and black pepper, as desired. Serve roast with ratatouille.

*Nutrition information per serving, 1/6 of recipe: 296 Calories; 153 Calories from fat; 17g Total Fat (4 g Saturated Fat; 11 g Monounsaturated Fat; 60 mg Cholesterol; 53 mg Sodium; 9 g Total Carbohydrate; 4 g Dietary Fiber; 24 g Protein; 2.1 mg Iron; 7.7 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 4.6 mg Zinc; 27.6 mcg Selenium; 98.4 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, and Choline.*

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# **Southwestern Steak Salad with Jalapeno Ranch Dressing**

Total Recipe Time: 30 Minutes

Makes 4 servings.

- 1-pound Top Sirloin Steak, 1-inch thick
- 1 packet taco seasoning (1.25 ounce)
- 1 head romaine lettuce
- 2 Roma tomatoes, diced
- 2 ears sweet corn
- 1 avocado, sliced
- 1/2 red onion, diced
- 1 cup black beans

## **Jalapeno Ranch Dressing:**

- 1 clove garlic
- 1/4 cup flat leaf parsley
- 1/4 teaspoon kosher salt
- 2 tablespoons fresh chives
- 1/4 cup pickled jalapeños
- 1/2 cup buttermilk



1. To make dressing, add garlic to a blender and chop. Add the rest of the dressing ingredients and blend until smooth, scraping down the sides intermittently to make sure it is well combined.
2. Rub the taco seasoning into both sides of the steak and remove husk from the corn. Place steak and corn in center of grid over medium, ash-covered coals. 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. Roll corn as needed; corn will turn bright yellow and char. Tent the steak with aluminum foil and let rest for 10 minutes.
3. Slice the steak into thin slices and cut the corn from the cob. Combine with the rest of the salad ingredients and top with salad dressing to taste. Enjoy! Recipe courtesy of [Simple Joy](#).

# **Farmer's Market Vegetable, Beef & Brown Rice Salad**

*Packed with protein, veggies and brown rice, this salad is a colorful treat for your eyes and stomach.*

Marinate time: 6 hours or up to overnight

Total Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1-pound)
- 1 teaspoon olive oil
- 2 cups asparagus pieces (2-inch pieces)
- 1 medium yellow squash, cut lengthwise in half, then crosswise into 1/4-inch thick slices
- 3 cups hot cooked brown rice
- 1 cup diced, seeded tomatoes
- 1 cup canned garbanzo beans, rinsed, drained
- 1/4 cup fresh basil, thinly sliced
- 1/2 teaspoon salt

## **Marinade:**

- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon honey
- 2 teaspoons fresh thyme, chopped
- 1/4 teaspoon salt



- 1/8 teaspoon black pepper
1. Combine marinade ingredients in small bowl. Place beef Top Round Steak and 1/4 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. Reserve remaining marinade in refrigerator for dressing.
  2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally.
  3. Grill asparagus and squash in a grill basket 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.
  4. Carve steak into thin slices. Serve over rice salad.

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

**Nutrition information per serving:** 514 Calories; 135 Calories from fat; 15g Total Fat (3 g Saturated Fat; 8 g Monounsaturated Fat;) 61 mg Cholesterol; 593 mg Sodium; 6 g Total Carbohydrate; 7.3 g Dietary Fiber; 36 g Protein; 5.9 mg Iron; 8.6 mg NE Niacin; 1.1 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 7 mg Zinc; 50.8 mcg Selenium. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium.

## Korean-Style Beef Short Ribs with Pickled Vegetables

*These ribs are marinated, grilled and paired with a sauce that is nothing but chock-full of flavor.*

Marinate time: 2 hours or up to overnight

Active recipe time: 30 minutes

Makes 4 servings

- 2 to 3 pounds beef Flanken Style Short Ribs, 1/4" thick

### Marinade:

- 1/4 cup chopped green onions, plus more for garnish
- 1/4 cup plus 2 tablespoons reduced-sodium soy sauce
- 1/4 cup unseasoned rice vinegar
- 1/4 cup apple juice
- 3 tablespoons packed brown sugar
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 teaspoon crushed red pepper



### Pickled Vegetables:

- 1/4 cup unseasoned rice vinegar
- 1 tablespoon packed brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper
- 4 cups matchstick-cut vegetables, such as cucumber, diakon radish, red radish, jicama, carrots, red cabbage, napa cabbage

1. Combine Marinade ingredients in small bowl. Place beef ribs and marinade in food-safe plastic bag; turn ribs to coat. Close bag securely and marinate in refrigerator 2 hours or up to overnight, turning occasionally.
2. To prepare the pickled vegetables, combine vinegar, brown sugar, salt and red pepper in large bowl; whisk until incorporated. Add vegetables; toss to coat. Cover and refrigerate 15 minutes or up to 2 hours.
3. Remove ribs from marinade, reserve marinade. Lightly oil grill using brush or oiled cloth. Place ribs on grid over medium, ash-covered coals. Grill, uncovered, 3 to 4 minutes per side for medium rare (145°F). Meanwhile, pour reserved marinade in small saucepan. Bring to a boil on medium-high heat; cook 5 to 8 minutes or until sauce reduces by half.
4. Drizzle cooked marinade over ribs. Serve with pickled vegetables; garnish with green onions.

**Nutrition information per serving:** 282 Calories; 98.1 Calories from fat; 10.9g Total Fat (4.6 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 4.7 g Monounsaturated Fat;) 55 mg Cholesterol; 1070 mg Sodium; 25 g Total Carbohydrate; 3.2 g Dietary Fiber; 21 g Protein; 3.1 mg Iron; 545 mg Potassium; 2.5 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 2 mcg Vitamin B<sub>12</sub>; 5 mg Zinc; 14.2 mcg Selenium; 88.9 mg Choline.

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

## Gazpacho Steak Salad

Add some global flavors to a steak salad. Spicy vegetable juice, tomatoes, and peppers make for the perfect Spanish-style dressing to serve over greens.

Recipe time: 35 minutes

Makes 4 servings

- 1 beef boneless Shoulder Steak OR Top Round Steak, about 1-pound
- 1 can (5-1/2 ounces) spicy 100% vegetable juice
- 8 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, cut in half lengthwise, then into thin slices
- 1 cup chopped green bell pepper
- Salt and pepper
- Crunchy tortilla strips

### Gazpacho Dressing:

- 1 can (5-1/2 ounces) spicy 100% vegetable juice
- 1/2 cup chopped tomato
- 1/4 cup finely chopped green bell pepper
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped cilantro
- 2 teaspoons olive oil
- 1 teaspoon minced garlic

1. Place beef steak and 1 can vegetable juice in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Combine dressing ingredients; refrigerate. Combine lettuce, cherry tomatoes, cucumber and 1 cup green bell pepper; refrigerate.
3. Remove steak from marinade; discard marinade. Pat steak dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill shoulder steaks, covered, 12 to 17 minutes for medium rare (145°F) to medium (160°F) doneness (top round steak 15 to 19 minutes for medium rare(145°F) doneness; do not overcook), turning occasionally. Carve steak across the grain into thin slices. Season with salt and pepper, as desired.
4. Add steak to salad mixture. Drizzle with dressing and top with tortilla strips.



**Nutrition information per serving:** 255 Calories; 83.7 Calories from fat; 9.3g Total Fat (2.8 g Saturated Fat; 0.2 g Trans Fat; 0.7 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 66 mg Cholesterol; 295 mg Sodium; 17 g Total Carbohydrate; 4.8 g Dietary Fiber; 27 g Protein; 6.8 mg Iron; 801 mg Potassium; 5.2 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 4.3 mcg Vitamin B<sub>12</sub>; 6.3 mg Zinc; 36 mcg Selenium; 93.7 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.