

July 2025 TV Recipes—Grilled Economical Beef Steak Recipes

We've pulled together some delicious beef recipes to help you enjoy fresh summer vegetables. A little extra prep time to marinate and tenderize these less-tender steaks is needed—but it's well worth it!

Steak and Grilled Ratatouille Salad

Not only is it fun to say, it's fun to eat! Chock-full of colorful vegetables and satisfying Top Round Steak, this salad meets your hunger needs.

Marinate Time: 6 hours up to overnight

Recipe Time: 50 minutes

Makes 6 servings

- 1 beef Top Round Steak, cut 1-inch thick (about 1-1/2 pounds)
- 1 small eggplant, cut crosswise into 1/2-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
- 1/2 cup grape tomato halves
- 9 cups mixed baby salad greens
- Salt and ground black pepper
- Shaved Parmesan cheese

Marinade:

- 1/2 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 1 tablespoon Dijon-style mustard
- 4 cloves garlic, minced
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper



1. Combine marinade ingredients in small bowl. Place beef Top Round Steak and 1/2 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 refrigerate remaining marinade for salad.
2. Spray vegetables, except tomatoes, with nonstick cooking spray.
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 (over medium heat on preheated gas grill, 16 to 19 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, covered (over medium heat on preheated gas grill, eggplant 6 to 8 minutes; bell peppers, zucchini and yellow squash 7 to 11 minutes) or until tender, turning occasionally and basting with remaining reserved marinade.
4. Cut grilled vegetables into 1-inch pieces. Carve steak into thin slices. Toss lettuce, tomatoes and grilled vegetables with remaining 1/2 cup marinade. Divide vegetable mixture between 6 serving plates. Arrange beef steak slices over vegetables. Season with salt and pepper, as desired. Sprinkle with cheese, as desired.

Nutrition information per serving: 400 Calories; 216 Calories from fat; 24g Total Fat (5 g Saturated Fat; 0 g Trans Fat; 2.3 g Polyunsaturated Fat; 14.7 g Monounsaturated Fat;) 75 mg Cholesterol; 290 mg Sodium; 17 g Total Carbohydrate; 5 g Dietary Fiber; 29 g Protein; 4.6 mg Iron; 978.9 mg Potassium; 14 mg NE Niacin; 1.1 mg Vitamin B₆; 1.2 mcg Vitamin B₁₂; 4.8 mg Zinc; 26.9 mcg Selenium; 89.7 mg Choline.

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Grilled Top Round Steak with Parmesan Asparagus

After soaking in a tasty vinegar-garlic marinade, this Top Round Steak is grilled alongside fresh asparagus.

Marinate Time: 6 hours up to overnight

Recipe time: 30 minutes

Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1 pound)
- 1-pound asparagus, trimmed
- 1 teaspoon olive oil
- 3 tablespoons shredded Parmesan cheese
- Salt
- Hot cooked orzo (optional)

Marinade:

- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme
- 2 large cloves garlic, minced
- 2 teaspoons steak seasoning blend
- 1 teaspoon crushed red pepper



1. Combine Marinade ingredients in medium bowl. Place beef 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. Remove steak from marinade; discard marinade. Toss asparagus with oil. Place steak in center of grid over medium, ash-covered coals; arrange asparagus around steak. Grill steak, covered, 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) Grill asparagus 6 to 10 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) or until crisp-tender, turning occasionally.
3. Immediately sprinkle cheese over asparagus. Carve steak into thin slices. Season with salt, as desired. Serve with asparagus and orzo, if desired.

Nutrition information per serving: 238 Calories; 10 Calories from fat; 10g Total Fat (3 g Saturated Fat; 6 g Monounsaturated Fat;) 64 mg Cholesterol; 272 mg Sodium; 5 g Total Carbohydrate; 2.5 g Dietary Fiber; 31 g Protein; 4.9 mg Iron; 6 mg Niacin; 0.5 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.5 mg Zinc; 34.6 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.

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.

Marinate Time: 6 hours up to overnight

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 B₆; 4.3 mcg Vitamin B₁₂; 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.

Margarita Beef with Orange Salsa

This recipe is perfect for entertaining. These steaks go into a flavorful marinade, are grilled, then served with a festive orange salsa.

Marinate Time: 6 hours up to overnight

Total Recipe Time: 30 minutes

Makes 6 servings

- 1 beef Top Round Steak, 1-inch thick (about 1-3/4 pounds)

Marinade:

- 2/3 cup frozen orange juice concentrate, defrosted
- 1/2 cup tequila
- 1/3 cup fresh lime juice
- 2 tablespoons minced fresh ginger
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon ground red pepper

Orange Salsa:

- 2 oranges, peeled, diced
- 1 small red onion, chopped
- 1 jalapeno pepper, seeded, minced
- 1/4 cup chopped fresh cilantro
- 2 to 3 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano leaves

1. Combine marinade ingredients in medium bowl. Place beef steak and 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.



2. To make Orange Salsa: Combine all salsa ingredients in non-metallic bowl. Cover and refrigerate at least 1 hour.
3. Remove steak; discard marinade. Pat steak dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, 10 to 11 minutes) for medium rare (145°F) doneness, turning occasionally. Do not overcook. Carve into thin slices. Serve with orange salsa.

Nutrition information per serving: 270 Calories; 90.9 Calories from fat; 10.1g Total Fat (2.3 g Saturated Fat; 0.2 g Trans Fat; 1 g Polyunsaturated Fat; 6.5 g Monounsaturated Fat;) 73 mg Cholesterol; 454 mg Sodium; 12.5 g Total Carbohydrate; 1.6 g Dietary Fiber; 27 g Protein; 3 mg Iron; 582 mg Potassium; 8 mg Niacin; 0.9 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 4.5 mg Zinc; 26.7 mcg Selenium; 85.2 mg Choline

Grilled Southwestern Steak and Colorful Vegetables

Make your next family dinner even more special with this bright and bold spread of marinated Top Round Steak served with a mix of grilled peppers, mushrooms and zucchini.

Marinate Time: 6 hours up to overnight

Recipe Time: 35 minutes

Makes 6 servings

- 1 beef Top Round Steak, cut 1 inch thick (about 1-1/2 pounds)

Marinade:

- 1/4 cup fresh lime juice
- 1/4 cup prepared mild salsa
- 1 tablespoon chopped garlic
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon coarse grind black pepper

Colorful Vegetables:

- 2 tablespoons olive oil
- 1 medium green or red bell pepper, cut into 1/4-inch strips
- 8 ounces button mushrooms, sliced 1/4-inch thick
- 2 cups sliced zucchini, 1/4-inch thick
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon coarse grind black pepper
- 1 cup finely chopped tomatoes
- 1/4 cup chopped green onions



1. Combine marinade ingredients in small bowl. Place beef 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. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) doneness, turning once. Do not overcook.
3. Meanwhile prepare Colorful Vegetables. Heat 2 tablespoons olive oil in large non-stick skillet over medium-high heat. Add bell pepper strips; cook and stir 1 to 2 minutes or until crisp-tender. Add mushrooms, zucchini, cumin, salt and black pepper; cook and stir 3 to 4 minutes or until crisp-tender. Add tomato and green onion; cook and stir 1 minute.
4. Carve steak into thin slices; season with salt, as desired. Serve with Colorful Vegetables.

Nutrition information per serving: 277 Calories; 117 Calories from Fat; 13 g fat (3 g Saturated Fat; 7 g Monounsaturated Fat); 77 mg Cholesterol; 303 mg Sodium; 8 g Total Carbohydrate; 2 g Dietary Fiber; 33 g Protein; 5.2 mg Niacin; 0.6 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 3.7 mg iron; 31.7 mcg Selenium; 4.3 mg Zinc; 130 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.