

## June 2026 TV —Grilled Steaks for Father’s Day

Give Dad what he really wants this Father’s Day—a tender, juicy steak dinner! Nothing says “I love you Dad!” like a great steak. Check out these recipes that would be perfect to make for Dad this Father’s Day or any summer day!

# Ribeye Steaks with Blue Cheese Butter and 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-oz each)
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh thyme
- 1/2 teaspoon pepper
- 8 medium portobello mushrooms, stems removed
- 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; 9 g Polyunsaturated 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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# Grilled T-Bone Steaks with BBQ Rub

*This could be called beef at its best. A simple rub including chili powder, garlic and brown sugar adds that special touch.*

Recipe time: 25 minutes

Makes 4 servings

- 2 beef T-Bone or Porterhouse Steaks, cut 1-inch thick

## BBQ Rub:

- 2 tablespoons chile powder
- 2 tablespoons packed brown sugar
- 1 tablespoon ground cumin
- 2 teaspoons minced garlic
- 2 teaspoons apple cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground red pepper



1. Combine BBQ Rub ingredients; press evenly onto beef T-Bone Steaks.
2. 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. Remove bones and carve steaks into slices, if desired. Season with salt, as desired.

**Cook's Tip:** *To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness, turning once.*

**Nutrition information per serving:** 470 Calories; 270 Calories from fat; 30g Total Fat (12 g Saturated Fat; 2 g Trans Fat; 1.7 g Polyunsaturated Fat; 12.3 g Monounsaturated Fat;) 120 mg Cholesterol; 290 mg Sodium; 10 g Total Carbohydrate; 2 g Dietary Fiber; 36 g Protein; 6 mg Iron; 465 mg Potassium; 14.9 mg NE Niacin; 1.1 mg Vitamin B<sub>6</sub>; 2.7 mcg Vitamin B<sub>12</sub>; 5.9 mg Zinc; 36.5 mcg Selenium; 83.3 mg Choline.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.*

# Grilled Southwest Steaks with Sunset Salad

*Your family will appreciate these budget-friendly beef Eye of Round Steaks seasoned with the flavors of the southwest served with a fresh grilled vegetable salad.*

Marinate time: 6 hours or up to overnight

Active recipe time: 1 hour

Makes 4 servings

- 2 beef Eye of Round Steaks, cut 1-inch thick (8 ounces each)

## Marinade:

- 1/3 cup fresh lime juice
- 2 teaspoons ground cumin
- 2 teaspoons steak seasoning blend
- 2 teaspoons finely chopped chipotle peppers in adobo sauce

## Sunset Salad:

- 2 small ears corn, husked
- 2 large yellow, orange and/or red bell peppers, cut lengthwise in half
- 1 medium tomato, chopped
- 1 tablespoon olive oil



1. Combine Marinade ingredients in small bowl. Cover and refrigerate 2 tablespoons for Sunset Salad. Place beef Eye of Round Steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

- Place corn and bell peppers on grid over medium, ash-covered coals; grill peppers, covered, 11 to 14 minutes (over medium heat on preheated gas grill, times remain the same) and corn 15 to 20 minutes (gas grill times remain the same) or until tender, turning occasionally. Remove; set aside to cool slightly.  
*Cook's Tip: One cup frozen corn, thawed, may be substituted for fresh corn. Heat medium skillet over medium-high heat 2 minutes or until hot; add corn. Cook 2 to 4 minutes or until corn starts to brown, stirring frequently.*
- Add 3 to 4 additional briquettes to each side of fire grate to maintain medium heat, if necessary. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, 17 to 19 minutes) for medium rare (145°F) doneness, turning occasionally.
- Meanwhile, to prepare Sunset Salad, chop bell peppers and cut corn kernels from cobs; place in medium bowl. Add tomato. Whisk reserved marinade and oil in small bowl until blended. Pour over vegetables; toss to coat.
- Carve steaks into thin slices. Serve with salad.

**Nutrition information per serving:** 258 Calories; 81 Calories from fat; 9g Total Fat (2 g Saturated Fat; 4 g Monounsaturated Fat;) 53 mg Cholesterol; 284 mg Sodium; 19 g Total Carbohydrate; 3.7 g Dietary Fiber; 28 g Protein; 3.2 mg Iron; 6.4 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4.8 mg Zinc; 28.8 mcg Selenium. 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, and Iron.

## Floribbean Fiesta Steaks

*Taste the islands with this vibrant steak recipe. Black beans and corn served with Mojo-marinated beef Chuck Eye Steaks. Top with creamy avocado for a dish that can't be beat.*

Marinate time: 6 hours or as long as overnight

Active recipe time: 30 minutes

Makes 4 servings

- 4 beef Chuck Eye Steaks, cut 1-inch thick (about 8-ounces each)
- 1 cup prepared mojo marinade
- 1 can (15 ounces) black beans, rinsed, drained
- 1-1/4 cups frozen corn
- 1 cup refrigerated or bottled prepared medium salsa with lime and garlic
- 1/3 cup packed fresh cilantro leaves
- 1 ripe avocado, coarsely chopped
- 1/4 cup prepared ranch dressing
- 1 teaspoon pepper, divided
- Salt



- Place beef steaks in food-safe plastic bag. Add mojo marinade; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
- Combine beans, corn and salsa in medium saucepan. Cook over medium heat 4 to 6 minutes or until thoroughly heated, stirring occasionally. Remove from heat; keep warm.
- Meanwhile place cilantro in food processor container. Cover; process until chopped. Add avocado, dressing and 1/2 teaspoon pepper. Cover; process until smooth. Season with salt, as desired. Set aside.
- Remove steaks from marinade; discard marinade. Season evenly with remaining 1/2 teaspoon pepper. Spray ridged grill pan or large nonstick skillet with nonstick cooking spray. Heat over medium heat until hot. Place steaks in pan; cook 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Season with salt, as desired.
- Serve steaks with bean mixture. Top with avocado mixture.

**Nutrition information per serving, using Chuck Eye Steak:** 677 Calories; 324 Calories from fat; 36g Total Fat (1 g Saturated Fat; 14 g Monounsaturated Fat;) 162 mg Cholesterol; 1742 mg Sodium; 41 g Total Carbohydrate; 12.7 g Dietary Fiber; 53 g Protein; 7.6 mg Iron; 5.8 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 3.7 mcg Vitamin B<sub>12</sub>; 15.8 mg Zinc; 40.3 mcg Selenium. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium.

# Mediterranean Grilled Chuck Steak with Garden Grilled Vegetables

*Dive into this marinated, grilled Chuck Steak paired with flavors of the Mediterranean. Served with seasonal grilled vegetables.*

Marinate time: 6 hours or as long as overnight

Active Recipe time: 20 minutes

Makes 4 servings

- 1 pound beef Chuck Steak
- 2 zucchini, cut lengthwise
- 8 baby sweet bell peppers
- 1 teaspoon olive oil
- 1 teaspoon Mediterranean Spice Mix, recipe below

## **Marinade:**

- 2/3 cup balsamic vinegar
- 2/3 cup olive oil
- 1 tablespoon Mediterranean spice mix



1. Combine marinade in a small bowl. Place beef Chuck Steak & marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. In a medium size bowl toss zucchini & mini bell peppers with olive oil and 1-teaspoon spice mix. Place vegetables on grid over medium heat. Grill 3 to 5 minutes on each side. Remove from grill and set aside. Once slightly cooled slice zucchini into ¼-inch slices and set aside.
3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 3 to 4 minutes (over medium heat on preheated gas grill, 3 to 4 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from the grill. Serve alongside grilled vegetables. Season steak and vegetables with remaining spice mix, or as desired.

**Mediterranean Spice Mix:** Combine in a small bowl 4 tablespoons garlic powder, 4 tablespoons dried dill weed, 2 tablespoons dried oregano leaves, 2 tablespoons dried mint, 4 teaspoons kosher salt, 4 teaspoons dried lemon peel, 4 teaspoons cracked black pepper and 2 teaspoons ground cloves. Store any left-over in an air-tight container.

***Nutrition information per serving, 4 oz:*** 426 Calories; 261 Calories from fat; 29g Total Fat (7 g Saturated Fat; 0.4 g Trans Fat; 2.5 g Polyunsaturated Fat; 17.3 g Monounsaturated Fat;) 72 mg Cholesterol; 565 mg Sodium; 17 g Total Carbohydrate; 4.2 g Dietary Fiber; 10.6 g Total Sugars; 25 g Protein; 0 g Added Sugars; 82.7 mg Calcium; 4.9 mg Iron; 1006 mg Potassium; 0 mcg Vitamin D; 0.4 mg Riboflavin; 6.9 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 5.1 mcg Vitamin B<sub>12</sub>; 255 mg Phosphorus; 8.4 mg Zinc; 33.5 mcg Selenium; 109.2 mg Choline.