

July 2026 TV —Tropical Grilled Beef Recipes

Nothing says summer quite like sizzling beef on the grill! These tropical grilled beef recipes combine smoky grilled beef with sweet fruit, citrus, and bold island-inspired flavors. Have a "stay-cation" in your backyard, gathered around your grill. * Find recipe nutritional's on www.BeefTips.com.

Jamaican-Style Jerk Steak Bowl

Marinated beef Skirt Steak is served on top of quinoa with cabbage and a mango salsa.

Marinate time: 6 hours or as long as overnight

Recipe time: 40 minutes

Makes 4 servings

- 1 beef Skirt Steak (about 1 to 1-1/2 pounds)
- 1/2 cup nonfat Greek-style yogurt
- 2 tablespoons plus 2 teaspoons Caribbean Jerk Seasoning Blend
- 6 cups packaged coleslaw mix
- 2 cups diced fresh mangoes
- 2 cups cooked quinoa
- Diced fresh mangoes for garnish, optional

Marinade

- 2 tablespoons Pickapeppa™ Sauce
- 2 tablespoons pineapple juice

1. Combine Marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator for 6 hours or as long as overnight.
2. Combine yogurt and jerk seasoning in large bowl. Add coleslaw mix, mangoes and quinoa; mix well. Cover and refrigerate.
3. Remove steak from marinade; discard marinade. Pat steaks dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness. Remove; keep warm.
4. Divide Cole slaw mixture among 4 bowls. Carve steak against the grain into thin slices. Season with salt, as desired. Place steak slices on top of coleslaw mixture. Garnish with diced mango, as desired.



Grilled Beef Tri-Tip with Tropical Fruit Salsa

Tri-Tip Roast is grilled and brushed with a lime-honey glaze during cooking. A quick salsa including papaya, jalapeno and lime brightens up the finished dish.

Recipe time: 60 minutes - Makes 8 servings

- 1 beef Tri-Tip Roast (1-1/2 to 2 pounds)

Lime-Honey Glaze:

- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- 1 teaspoon dry mustard
- 1 teaspoon salt

Tropical Fruit Salsa:

- 1-1/2 cups diced papaya or mango
- 1/2 cup diced plum tomatoes
- 2 jalapeño peppers, seeded, finely chopped
- 2 tablespoons sliced green onion
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro or parsley
- 1 tablespoon honey



1. Combine glaze ingredients in small bowl.
2. Place roast on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill; covered 25 to 35 minutes for medium rare to medium doneness, turning occasionally. Brush with glaze twice during last 10 minutes.
3. Meanwhile, combine salsa ingredients in medium bowl. Refrigerate until ready to serve.
4. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Tent loosely with aluminum foil; let stand 10 minutes. (Temperature will continue to rise about 10°F to 145°F for medium rare; 160°F for medium.) Carve across the grain into thin slices. Serve with salsa.

Hawaiian Meatball Kabobs

Hawaiian Meatballs are a deliciously sweet and savory combo... and even better on the grill! They combine homemade beef meatballs with fresh pineapple, peppers, and red onion in a sticky pineapple glaze that everyone is sure to love! Recipe courtesy of [Lemon Tree Dwelling](#).

Recipe Time: 35 minutes

Makes 8 servings

- 2 pounds Ground Beef (93% lean or leaner)
- 1 cup panko breadcrumbs
- 2 large eggs
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 1/2 fresh pineapple
- 1 green bell pepper
- 1 red bell pepper
- 1 medium red onion

Sauce:

- 1 cup pineapple juice
- 1/2 cup brown sugar
- 1/4 cup rice wine vinegar
- 1/4 cup soy sauce
- 2 Tablespoons cornstarch

1. Cut the pineapple, bell peppers, and red onion into 1-1/2 to 2-inch pieces.
2. In a large mixing bowl, combine the Ground Beef, breadcrumbs, eggs, soy sauce, garlic powder, onion powder, ginger and black pepper. Mix well.
3. Use your hands to form meatballs, using about 3 tablespoons of the mixture at a time.
4. Make the kabobs by alternating meatballs, peppers, onions, and pineapple on wooden or metal skewers.
5. Brush the grill grates with olive oil to prevent sticking. Grill over medium heat with the lid down for a total of 15 minutes, turning at least once. **Cook's Tip:** *Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*
6. While kabobs are grilling, combine the sauce ingredients in a small saucepan and whisk well. Bring the mixture to a boil, then reduce heat and stir until thickened (about 2 minutes). Brush sauce generously over kabobs; remove from grill. Serve with remaining sauce for dipping.



Nutrition information per serving: 363 calories; 8g total fat; 4g saturated fat; 0g trans fat; 4g unsaturated fat; 147mg cholesterol; 765mg sodium; 32g carbohydrates; 1g fiber; 18g sugar and 38g protein.

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 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



1. 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.
2. 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.
3. 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.
4. 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.
5. Serve steaks with bean mixture. Top with avocado mixture.

Citrus-Rubbed Beef Top-Sirloin & Fruit Kabobs

This recipe combines fresh fruit and steak in a colorful, easy to eat kabob.

Recipe Time: 45 minutes

Makes 4 servings

- 1 boneless beef Top Sirloin Steak, thick-cut (about 1 pound)
- 1 medium orange
- 1/4 cup chopped fresh cilantro
- 1 tablespoon smoked paprika
- 1/4 teaspoon ground red pepper (optional)
- 4 cups cubed mango, watermelon, peaches and/or plums
- Chopped fresh cilantro leaves for garnish, optional



1. Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef Steak into 1-1/4-inch pieces. Place beef and 2-1/2 tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food safe plastic bag; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.

- Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
- Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

Teriyaki Beef Burgers

Bring tropical flavors into your home with these teriyaki burgers. Get ready for the homemade sweet and savory teriyaki sauce and irresistibly grilled pineapple and sautéed mushrooms. Recipe courtesy of ChewOutLoud.com.

Total Recipe Time: 30 minutes - Makes 4 servings

- 2 pounds Ground Beef
- 1 can sliced pineapple, drained
- 2 tablespoons butter
- 1 cup mushrooms, sliced
- 4 slices Havarti cheese, sliced
- 4 sesame buns
- romaine lettuce



Homemade Teriyaki Sauce

- ½ cup teriyaki sauce
- ½ cup water
- ¼ cup granulated sugar
- ¼ cup brown sugar
- 2 wedges orange, juiced
- 1 dash ground ginger
- 1 ½ tablespoons cornstarch, fully dissolved in 1 tablespoon water
- Kosher salt & black pepper, to taste

- Whisk together all ingredients for teriyaki sauce in small saucepan, mixing it well. Cook on medium heat, stirring continuously, until it just starts to reach a boil. Taste and add a bit more sugar if you want it sweeter. Remove from heat, stir again, and set aside until ready to use.
- Sauté mushrooms in 2 tbsp butter, adding a pinch of salt and pepper while cooking. Cook until soft; don't overcook. Remove from heat and set aside.
- Grease and preheat grill to medium-high heat. Season ground beef with salt and pepper. Lightly shape Ground Beef into four patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

- Grill pineapples until grill marks appear.
- Assemble your teriyaki burger, and generously pour on the teriyaki sauce.

Nutrition information per serving: 613 Calories; 28g Total Fat (11 g Saturated Fat; 13 g Monounsaturated Fat;) 140 mg Cholesterol; 798 mg Sodium; 56 g Total Carbohydrate; 4g Dietary Fiber; 57 g Protein; 6 mg Iron; 920mg Potassium, 48g Sugar, 49mg Vitamin C, 271mg Calcium. 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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