

July 2023 TV —Steak Recipes for the Grill

It's always time to fire up the grill and we've got just what you're looking for. Whether you want grilled steak tacos, a grilled steak sandwich or steak pitas, this collection won't disappoint. A little extra prep time to marinate and tenderize these less-tender steaks is needed—but it's well worth it!

Mediterranean Beef Flank Steak Pitas

Looking for flavor and color on your plate? Try this take on a Mediterranean pita with beef Flank Steak.

Marinate time: 6 hours or up to overnight

Active recipe time: 30 minutes

Makes 6 servings

- 1 beef Flank Steak (about 1-1/2 pounds)
- 6 whole wheat pita breads
- 1 cup hummus

Spicy Green Salsa:

- 1 cup fresh parsley, loosely packed
- 1 cup fresh basil leaves, loosely packed
- 1 teaspoon minced garlic
- 1 teaspoon minced jalapeño pepper
- 3 tablespoons olive oil
- 1/2 teaspoon salt

Cucumber Salad:

- 1/3 cup reduced-fat feta cheese crumbles
- 1 dozen cherry tomatoes, sliced
- 2 cups diced cucumber
- 1/4 cup fresh oregano
- 1-1/2 cups diced red onions
- 1 lemon, zested and juiced
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



1. To prepare Spicy Green Salsa, combine all ingredients in blender or food processor; process on and off until all ingredients are blended. Remove 2 tablespoons of Spicy Green Salsa; rub the rest on all sides of the beef Flank Steak. Place steak in food-safe plastic bag. Close bag securely and marinate for 6 hours or up to overnight. Reserve the remaining salsa for serving.
2. Combine all ingredients for Cucumber Salad in large bowl; toss gently. Cover and refrigerate 20 minutes.
3. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Cook's Tip: *You may cook steak on stove top: Heat large, nonstick skillet over medium heat until hot. Place beef Flank Steak in skillet; cook 16 to 20 minutes until instant-read thermometer inserted horizontally into center registers 145°F (for medium) to 160°F (medium) doneness, turning occasionally.*

4. Place 1/6 cup hummus on each pita; top with Cucumber Salad. Carve steak into thin slices. Top Cucumber Salad with steak; top with saved Spicy Green Salsa.

Nutrition information per serving, 1/6 recipe: 463 Calories; 202.5 Calories from fat; 22.5g Total Fat (5.9 g Saturated Fat; 0.1 g Trans Fat; 3.1 g Polyunsaturated Fat; 11.4 g Monounsaturated Fat;) 77 mg Cholesterol; 788 mg Sodium; 30 g Total Carbohydrate; 6.1 g Dietary Fiber; 4.4 g Total Sugars; 35 g Protein; 0 g Added Sugars; 124 mg Calcium; 4.6 mg Iron; 754 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 8.3 mg NE Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 354 mg Phosphorus; 6 mg Zinc; 40.7 mcg Selenium; 114.2 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium, and Riboflavin.

Cowboy Marinated Skirt Steak with Corn Salad

Master the grill with this simple but flavorful Skirt Steak recipe. Served alongside an equally delicious corn salad.

Marinate time: 6 hours or up to overnight

Active recipe time: 30 minutes

Makes 6 servings

- 1-1/2 pounds beef Skirt Steak, cut into 4 to 6-inch pieces
- 1/4 cup red onion, diced
- 1 (15 ounce) can sweet corn, rinsed & drained
- 1 cup cherry tomatoes, cut in-half
- 1/3 cup Italian dressing
- 2 tablespoons fresh basil, chopped
- 2 teaspoons granulated garlic
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

Marinade:

- 2 tablespoons vegetable oil
- 2 tablespoons fresh lime juice
- 3 tablespoons water
- 2 teaspoons garlic, minced
- 2 teaspoons sweet paprika
- 1-1/2 teaspoons dried thyme leaves
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

1. Combine marinade ingredients in small bowl. Place beef Skirt Steaks and 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. Combine red onion, corn, tomatoes, Italian dressing, basil, granulated garlic, salt and pepper in a medium bowl; cover and refrigerate until ready to serve.

***Cook's Tip:** Grilled corn on the cobb can be used in place of canned. Place 4 corn cobs on grid over medium, ash-covered coals. Grill, 10 to 14 minutes (over medium heat on preheated gas grill, 8 to 10 minutes) turning on all sides. Remove corn and let cool. Carefully cut corn kernels from cob and let cool.*

3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks diagonally across the grain into thin slices; season with salt, as desired. Serve with corn salad.

***Nutrition information per serving, (no serving size):** 354 Calories; 177.3 Calories from fat; 19.7g Total Fat (5.4 g Saturated Fat; 0.6 g Trans Fat; 4.4 g Polyunsaturated Fat; 7.3 g Monounsaturated Fat;) 79 mg Cholesterol; 660 mg Sodium; 19.5 g Total Carbohydrate; 2.4 g Dietary Fiber; 7.6 g Total Sugars; 28.2 g Protein; 0 g Added Sugars; 25.8 mg Calcium; 3 mg Iron; 577 mg Potassium; 3.4 mcg Vitamin D; 0.4 mg Riboflavin; 11.9 mg NE Niacin; 0.6 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 228 mg Phosphorus; 7.4 mg Zinc; 29.8 mcg Selenium; 72 mg Choline. This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Potassium, Vitamin D, Phosphorus, and Choline.*



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Grilled Steak Tacos with Poblano-Mango Salsa

This recipe takes the grill to a new level. Grilled poblanos, onions and Top Sirloin Steak meet mangoes.

Recipe time: 55 minutes

Makes 4 servings

- 1 pound beef Top Sirloin Steak boneless, cut 3/4-inch thick
- 2 medium poblano peppers
- 1 medium onion, cut into 1/2-inch-thick slices
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 medium mango, diced
- 1/4 cup chopped fresh cilantro
- 1/4 cup fresh lime juice
- 1/4 teaspoon salt
- 8 small corn tortillas (6 to 7-inch diameter)
- Fresh cilantro sprigs, lime wedges (optional)



1. Place peppers and onion slices on grid over medium, ash-covered coals (over medium heat on preheated gas grill). Grill, covered, 15 to 20 minutes or until onion is tender and pepper skins are blackened, turning occasionally. Place peppers in food safe plastic bag; close bag. Set peppers and onion aside.
2. Meanwhile combine garlic and cumin; press evenly onto beef Top Sirloin Steak. Place steak on grid over medium, ash-covered coals. Grill, covered, 7 to 11 minutes (over medium heat on preheated gas grill, covered, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove; keep warm.
Cook's Tip: One pound beef Ranch steaks, cut 3/4- inch thick, may be substituted for Top Sirloin steak. For charcoal, grill, covered, 8 to 11 minutes (for gas, times remain the same) for medium rare to medium doneness, turning occasionally.
3. Remove and discard skins, stems and seeds from peppers when cool enough to handle. Chop peppers and onion. Combine chopped peppers and onions with mango, chopped cilantro, lime juice and salt in medium bowl. Set aside.
4. Place tortillas on grid. Grill, uncovered, 30 seconds on each side or until heated through and lightly browned.
5. Carve steak into slices. Season with additional salt, as desired. Top tortillas with equal amounts of beef and mango salsa. Garnish with cilantro sprigs and lime wedges, if desired.

Nutrition information per serving: 370 Calories; 126 Calories from fat; 14g Total Fat (4.5 g Saturated Fat; 0.5 g Trans Fat; 0.5 g Polyunsaturated Fat; 6.2 g Monounsaturated Fat;) 70 mg Cholesterol; 210 mg Sodium; 37 g Total Carbohydrate; 3 g Dietary Fiber; 26 g Protein; 3 mg Iron; 541.4 mg Potassium; 8.5 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 8.9 mg Zinc; 30.7 mcg Selenium; 10.1 mg Choline.

Al Pastor Glazed Beef Flat Iron Steak

Try this recipe next time you're at the grill. Beef Flat Iron steak is marinated in a pineapple-barbecue sauce, grilled and served on bolillo rolls.

Marinate time: 15 minutes to 2 hours

Active recipe time: 30 minutes

Makes 4 servings

- 1 beef Flat Iron Steak (about 1 pound)
- 4 bolillo rolls, sliced lengthwise, toasted

Marinade and Sauce:

- 1/4 cup barbecue sauce
- 1/4 cup canned crushed pineapple
- 2 tablespoons ancho chile powder
- 1 tablespoon minced sweet onion
- 1 garlic clove

Garnish:

- Grilled fresh pineapple slices, pickled onions, shredded lettuce (optional)



1. Combine marinade ingredients in blender or food processor container. Cover and process 1 minute or until smooth, scraping sides of container as needed. Pour half into bowl, cover and refrigerate.
2. Place steak and remaining barbecue marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
3. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Add pineapple slices and grill during last 5 minutes, turning occasionally. Brush rolls with olive oil and grill for 1 to 2 minutes. Remove steak from the grill and let rest on a cutting board for at least 5 minutes.
4. Spread reserved barbecue sauce evenly over cut sides of each toasted roll. Thinly slice steak. Place slices on bottom of rolls. Top with pineapple, onions, and lettuce.

Cook's Tip: You may substitute 1 French baguette, sliced lengthwise, toasted for 4 bolillo rolls. If bread is too thick, scoop out middle and save for another use.

Nutrition information per serving: 765 Calories; 252 Calories from fat; 28g Total Fat (10.2 g Saturated Fat; 1.7 g Trans Fat; 2.2 g Polyunsaturated Fat; 11.8 g Monounsaturated Fat;) 144 mg Cholesterol; 1001 mg Sodium; 70.5 g Total Carbohydrate; 3.5 g Dietary Fiber; 55 g Protein; 9.4 mg Iron; 841 mg Potassium; 12.5 mg NE Niacin; 1 mg Vitamin B₆; 10.3 mcg Vitamin B₁₂; 16.6 mg Zinc; 103.5 mcg Selenium; 200 mg Choline.

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 steaks & 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 B₆; 5.1 mcg Vitamin B₁₂; 255 mg Phosphorus; 8.4 mg Zinc; 33.5 mcg Selenium; 109.2 mg Choline.