

Grilled Espresso Steaks

Need to impress guests for dinner? Use this steak recipe as your go-to. Grilled steaks, bacon, mushrooms, blue cheese and crispy shallots. You can't go wrong.

INGREDIENTS

4 beef Tri-Tip Steaks, cut 1 inch thick (about 6 ounces each) - Four beef Flat Iron Steaks or Ranch Steaks, cut 1 inch thick (about 8 ounces each), may be substituted for Tri-Tip Steaks. Grill Flat Iron Steaks on charcoal grill, 10 to 14 minutes (on gas grill, 12 to 16 minutes); grill Ranch Steaks on charcoal grill, 11 to 14 minutes (on gas grill, 12 to 16 minutes) for medium rare to medium doneness, turning occasionally.

Salt

Sliced green onions, lemon wedges, freshly grated lemon peel (optional)

2 tablespoons finely ground espresso coffee beans - Finely ground regular ground coffee may be substituted for espresso.

1 tablespoon garlic pepper

2 teaspoons brown sugar

1 teaspoon ancho chili powder - Ancho chili powder is available in the spice or ethnic section of the supermarket or in specialty food markets. Regular chili powder may be substituted.

COOKING

1. Combine espresso rub ingredients in small bowl; press generously onto beef steaks. Discard any remaining seasoning mixture. Place steaks in glass dish. Cover and refrigerate 1 hour.

2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Carve steaks into slices. Season with salt, as desired. Garnish with green onions, lemon wedges and lemon peel, if desired



35 Min



4

Servings




42 Cal



46g

Protein

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		11g	114mg		3g	46g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com