

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.

INGREDIENTS

2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 2 pounds)

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



25 Min



4

Servings



42 Cal



36g

Protein

COOKING

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.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		30g	120mg		10g	36g	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