

Lemon-Oregano Steak Rub

Oregano, lemon peel, garlic and pepper in perfect harmony.

INGREDIENTS

- 1/4 cup chopped fresh oregano or 1 tablespoon dried oregano leaves
- 1 tablespoon freshly grated lemon peel
- 4 cloves garlic, minced
- 1 teaspoon pepper



5 Min 8 42 Cal 26g
 Servings Protein

COOKING

1. Combine Rub ingredients; press evenly onto beef steaks.
2. [Grill](#), [pan-broil](#) or [broil](#) steaks; place roast in oven and [cook](#) according to chart. Cook to medium rare (145°F) to medium (160°F) doneness.

Visit our [Rubs](#) page for more information.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		7g	80mg		1g	26g	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