

Pepper Beef Steaks With Chile-Cilantro Butter

Dijon-style mustard adds a tangy twist to this predominately Latin-flavored dish. Grilled steak topped with a chile-cilantro butter.



INGREDIENTS

- 4 beef Sirloin Tip Center Steaks, cut 3/4 inch thick
- 1/3 cup country Dijon-style mustard
- 2 tablespoons coarsely ground mixed peppercorns
- 2 teaspoons ground cumin
- 1/4 cup butter, softened
- 1 tablespoon minced fresh cilantro
- 1 teaspoon minced garlic
- 2 fresh mild green chile peppers such as Anaheim peppers

35 Min 4 Servings 42 Cal 37g Protein

COOKING

1. Combine mustard, peppercorns and cumin in small bowl. Remove and reserve 1/2 for brushing. Spread remaining mustard mixture on both sides of beef Sirloin Tip Center Steaks. Cover and marinate in refrigerator 1 hour.
2. Combine butter, cilantro and garlic in small bowl. Set aside.
3. Place steaks and peppers on grid over medium, ash-covered coals. Grill, covered, 8 to 9 minutes (over medium heat on preheated gas grill 8 to 11 minutes) until steaks are medium rare (145°F) doneness and peppers are blackened, turning occasionally and brushing steaks with reserved mustard mixture during the last 4 minutes. (Do not overcook.)
4. Remove blackened peppers; cover and let stand 5 minutes. Remove skin, stems and seeds. Chop peppers and stir 1/2 into butter mixture. Top each steak with 1 teaspoon butter mixture. Sprinkle with remaining chopped peppers. Serve with remaining butter.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		1g	108mg		9g	37g	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