

Sizzling Summer Beef Steak

The tart tangy flavors of summer create a simple marinade for Top Round Steak which helps tenderize the cut before it hits the grill.



INGREDIENTS

1 beef Top Round Steak, cut 1-1/2 inches thick (about 3 pounds)

1/2 cup fresh lime juice

3 tablespoons minced green onions

3 tablespoons water

2 tablespoons vegetable oil

1 tablespoon minced fresh ginger

1 tablespoon minced garlic

1/2 teaspoon salt

35 Min

6
Servings

42 Cal

53g
Protein

COOKING

1. Combine marinade ingredients in small bowl. Place beef Top Round Steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Remove steak; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 20 to 23 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. Do not overcook. Remove; let stand 10 minutes. Carve into thin slices.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		11g	120mg		1g	53g	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