

Tangy Lime Grilled Beef Top Round Steak

This steak is tenderized by a tangy marinade of lime, garlic and brown sugar. Throw on the grill for dinner in minutes. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



INGREDIENTS

- 1 beef Top Round Steak, cut 3/4 inch thick (about 1 pound)
- 1/4 cup fresh lime juice
- 2 tablespoons lightly packed brown sugar
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic

25 Min 4 42 Cal 27.2g
 Servings Protein

COOKING

1. Combine juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
3. Carve steak into thin slices.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		8g	71.4mg		3.6g	27.2g	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