

Tangy Lime Grilled Top Round Steak

One of our most popular recipes. This lean cut benefits from a marinade of lime juice and brown sugar for this no-fuss grilled Top Round Steak recipe.

INGREDIENTS

1 beef Top Round Steak, cut 3/4 inch thick (about 1 pound)

1/4 cup fresh lime juice

2 tablespoons brown sugar

2 tablespoons vegetable oil

1 tablespoon Worcestershire sauce

3 large cloves garlic, crushed

Salt and pepper



25 Min



4

Servings



42 Cal



27g

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. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		8g	61mg		5g	27g	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