

# Mediterranean Grilled Chuck Roast With Garden Grilled Vegetables

Dive into this marinated, grilled chuck roast paired with flavors of the Mediterranean. Served with seasonal grilled vegetables.



## INGREDIENTS

- 1 beef Chuck Steak (about 1 pound)
- 2 teaspoons Mediterranean Spice Mix
- 2 zucchini, cut lengthwise
- 8 baby sweet bell peppers
- 1 teaspoon olive oil
- 2/3 cup balsamic vinegar
- 2/3 cup olive oil
- 1 Tablespoon Mediterranean spice mix

20 Min	4	42 Cal	25g
	Servings		Protein

## COOKING

1. Combine marinade in a small bowl. Place beef Chuck 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. In a medium size bowl toss zucchini & mini bell peppers with 1 teaspoon olive. Place vegetables on grid over medium heat. Grill 3 to 5 minutes on each side. Remove from grill and set aside. Once slightly cooled slice zucchini into 1/4 inch slices and set aside.
3. Remove steak from marinade, discard marinade. Season each side of roast with 1/2 Tablespoon of spice mix. Place on grid over medium, ash-covered coals. Grill, covered, 3 to 4 minutes (over medium heat on preheated gas grill, 3 to 4 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Remove from the grill and season with salt, as desired. Serve alongside grilled vegetables.

## NUTRITION

<b>Serv Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Total Carb</b>	<b>Protein</b>		
4		29g	72mg		17g	25g	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