

## Bbq Beef Chuck Steak

Flavorful 7-Bone Chuck Steak is marinated and grilled. Use the marinade as your barbecue sauce.

### INGREDIENTS

- 1 beef 7-Bone Chuck Steak, cut 3/4 to 1 inch thick (about 2 pounds)
- 1 cup finely chopped onion
- 1 cup ketchup
- 1/3 cup packed brown sugar
- 1/3 cup red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/8 to 1/4 teaspoon crushed red pepper



25 Min



8  
Servings



42 Cal



23g  
Protein

### COOKING

1. Combine marinade ingredients in medium bowl. Place beef 7-Bone Chuck Steak and 1 cup 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. Refrigerate remaining marinade.
2. Remove steak; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Place remaining marinade in small saucepan; bring to a boil. Reduce heat; simmer 10 to 15 minutes or until sauce consistency, stirring occasionally.
4. Cut steak into serving-size pieces. Serve with sauce.

### NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		11.6g	79mg		20g	23g	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