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Top Grilling Cuts

Grilling Guidelines, Marinades and Rubs

Grilled Southwestern Steak and Colorful Vegetables



Cook's Notes

Beef Shoulder Tender Petite Roast is a small separate muscle that rests on top of the shoulder near the top blade. The shoulder tender is separated by following the natural seam. All external fat is removed. The shape and size are similar to pork tenderloin. The petite roast averages 8 to 10 ounces.

Ingredients:

- 1 beef top round steak, cut 1 inch thick (about 1-1/2 pounds)

Marinade:

- 1/4 cup fresh lime juice
- 1/4 cup prepared mild salsa
- 1 tablespoon chopped garlic
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon coarse grind black pepper

Colorful Vegetables:

- 2 tablespoons olive oil
- 1 medium green or red bell pepper, cut into 1/4 inch strips
- 8 ounces button mushrooms, sliced 1/4- inch thick
- 2 cups sliced zucchini, 1/4-inch thick
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon coarse grind black pepper
- 1 cup finely chopped tomatoes
- 1/4 cup chopped green onions

Instructions:

1. Combine marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 16-18 minutes for medium rare doneness, turning once.
3. Meanwhile prepare Colorful Vegetables. Heat 2 tablespoons olive oil in large non-stick skillet over medium- high heat. Add bell pepper strips; cook and stir 1 to 2 minutes or until crisp-tender. Add mushrooms, zucchini, cumin, salt and black pepper; cook and stir 3 to 4 minutes or until crisp-tender. Add tomato and green onion; cook and stir 1 minute.
4. Carve steak into thin slices; season with salt, as desired. Serve with Colorful Vegetables.

Makes 6 servings.

Nutrition information per serving: 219 calories; 8

*g fat (2 g saturated fat; 4 g monounsaturated fat);
61 mg cholesterol; 267 mg sodium; 6 g
carbohydrate; 1.5 g fiber; 29 g protein; 6.2 mg
niacin; 0.6 mg vitamin B6; 1.5 mcg vitamin B12;
3.0 mg iron; 36.5 mcg selenium; 5.2 mg zinc.*