



GRILLED SOUTHWESTERN STEAK AND COLORFUL VEGETABLES

Make your next family dinner even more special with this bright and bold spread of marinated Top Round Steak served with a mix of grilled peppers, mushrooms and zucchini.

35 MIN 6 SERVINGS 277 CAL 33 G PROTEIN

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

COOKING:

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, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) doneness, turning once. Do not overcook.
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.

277 CALORIES

3g SAT FAT

33g PROTEIN

3.7 mg IRON

4.3 mg ZINC

* Based on a 2,000 calorie diet

** Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 277 Calories; 13g Total Fat; 3g Saturated Fat; 7g Monounsaturated Fat; 77mg Cholesterol; 303mg Sodium; 8g Total carbohydrate; 33g Protein; 3.7mg Iron; 5.2mg Niacin; 0.6mg Vitamin B6; 130mg Choline; 2.3mcg Vitamin B12; 4.3mg Zinc; 31.7mcg Selenium; 2g Fiber.



Funded by Beef Farmers and Ranchers