



Garlic-Parmesan Burgers

with Two-Tomato Relish

MAKES 4 SERVINGS
Total preparation and cooking time: about 35 minutes

2 pounds ground beef	Two-Tomato Relish:
1/2 cup grated Parmesan cheese	3 cups chopped red tomatoes
1/4 cup minced green onions	2 cups chopped yellow tomatoes
2 teaspoons minced garlic	1/4 cup thinly sliced fresh basil
Salt and pepper	1 teaspoon minced garlic
4 slices rustic crusty bread, cut 1/2 inch thick	1/2 teaspoon salt
Olive oil	1/8 teaspoon pepper

- ◆ Combine Two-Tomato Relish ingredients in medium bowl; set aside.
- ◆ Combine ground beef, cheese, green onions and garlic in medium bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick patties.
- ◆ Place patties on grid over medium, ash-covered coals. Grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. Season patties with salt and pepper, as desired.
- ◆ Meanwhile brush both sides of bread slices with oil. About 3 minutes before burgers are done, place bread on grid. Grill until lightly toasted, turning once.
- ◆ Place 1 burger on each bread slice; top each with 1/4 cup Two-Tomato Relish. Serve open-faced. Cover and refrigerate remaining 4 burgers and relish to use in “Meatballs” and Pasta in Tomato-Basil Sauce.

Nutrition information per serving using 80% lean ground beef: 340 calories; 16 g fat (6 g saturated fat; 7 g monounsaturated fat); 77 mg cholesterol; 367 mg sodium; 21 g carbohydrate; 1.5 g fiber; 25 g protein; 5.9 mg niacin; 0.4 mg vitamin B6; 2.3 mcg vitamin B12; 3.4 mg iron; 18.5 mcg selenium; 5.4 mg zinc.

“Meatballs” and Pasta in Tomato-Basil Sauce - MAKES 4 SERVINGS

Heat 3 tablespoons olive oil in large nonstick skillet over medium heat until hot. Add 1 cup finely chopped onion; cook and stir 4 to 5 minutes or until tender. Meanwhile cut each leftover grilled burger into 6 equal pieces; set aside. Add leftover Two-Tomato Relish (about 2-3/4 cups) to skillet; bring to a boil. Reduce heat and simmer 3 minutes, stirring occasionally. Add burger pieces; cook 7 to 9 minutes or until beef is heated through and sauce thickens slightly, stirring occasionally. Add 4 cups hot cooked linguini pasta; toss. Stir in 4 ounces fresh mozzarella cheese, cut into 1/2-inch pieces, and thinly sliced fresh basil, as desired. Season with salt and pepper, as desired. Serve immediately.



For information, contact:
National Cattlemen’s Beef Association
9110 East Nichols Avenue
Centennial, CO 80112
Tel: 303.694.0305
www.BeefitsWhatsForDinner.com

Three Easy Steps to Outdoor Grilling

- 1** Prepare grill (charcoal or gas) according to manufacturer’s directions for medium heat.
- 2** Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
- 3** Grill according to chart, turning occasionally. After cooking, season beef with salt, if desired.

BEEF CUT		THICKNESS OR WEIGHT	CHARCOAL GRILLING (uncovered)* Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)	GAS GRILLING (covered) Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)
Chuck	SHOULDER TOP BLADE STEAK (Flat Iron)	8 ounces each	10 to 14 minutes (grill covered)	12 to 16 minutes
	SHOULDER STEAK, boneless <i>marinate</i>	3/4 inch	14 to 17 minutes	9 to 12 minutes
		1 inch	16 to 20 minutes	15 to 19 minutes
	SHOULDER CENTER STEAK (Ranch)	3/4 inch 1 inch	9 to 11 minutes (grill covered) 11 to 14 minutes (grill covered)	8 to 11 minutes 12 to 16 minutes
Rib	SHOULDER PETITE TENDER ROAST	8 to 12 ounces each	14 to 18 minutes (grill covered)	14 to 19 minutes
	RIB STEAK, small end	3/4 inch 1 inch	6 to 8 minutes 9 to 12 minutes	7 to 10 minutes 10 to 15 minutes
		3/4 inch 1 inch	6 to 8 minutes 11 to 14 minutes	7 to 9 minutes 9 to 14 minutes
	RIBEYE STEAK	3/4 inch 1 inch	6 to 8 minutes 11 to 14 minutes	7 to 9 minutes 9 to 14 minutes
Loin	PORTERHOUSE/T-BONE STEAK	3/4 inch 1 inch	10 to 12 minutes 14 to 16 minutes	9 to 13 minutes 15 to 19 minutes
	TOP LOIN (STRIP) STEAK, boneless	3/4 inch 1 inch	10 to 12 minutes 15 to 18 minutes	7 to 10 minutes 11 to 15 minutes
		1 inch	13 to 15 minutes	11 to 15 minutes
	TENDERLOIN STEAK	1-1/2 inches	14 to 16 minutes (grill covered)	16 to 20 minutes
Sirloin	TOP SIRLOIN STEAK, boneless	3/4 inch 1 inch 1-1/2 inches	13 to 16 minutes 17 to 21 minutes 22 to 26 minutes (grill covered)	8 to 13 minutes 13 to 16 minutes 24 to 30 minutes
		3/4 inch 1 inch	8 to 9 minutes (grill covered) 11 to 13 minutes (grill covered)	8 to 11 minutes 13 to 15 minutes
		3/4 inch 1 inch	9 to 11 minutes (grill covered) 12 to 14 minutes (grill covered)	7 to 9 minutes 13 to 14 minutes
	ROUND SIRLOIN TIP CENTER STEAK	3/4 inch 1 inch	8 to 10 minutes (grill covered) 12 to 15 minutes (grill covered)	11 to 14 minutes 15 to 17 minutes
Round	ROUND SIRLOIN TIP SIDE STEAK <i>marinate</i>	3/4 inch 1 inch	8 to 10 minutes (grill covered) 12 to 15 minutes (grill covered)	11 to 14 minutes 15 to 17 minutes
	TOP ROUND STEAK <i>marinate</i>	3/4 inch 1 inch	8 to 9 minutes 16 to 18 minutes	10 to 11 minutes 16 to 19 minutes
		3/4 inch 1 inch	15 to 19 minutes 19 to 23 minutes	10 to 12 minutes 17 to 19 minutes
	EYE ROUND STEAK <i>marinate</i>	3/4 inch 1 inch	15 to 19 minutes 19 to 23 minutes	10 to 12 minutes 17 to 19 minutes
Plate and Flank	SKIRT STEAK <i>marinate</i>	1 to 1-1/2 pounds (4 to 6-inch portions)	10 to 13 minutes	8 to 12 minutes
	FLANK STEAK <i>marinate</i>	1-1/2 to 2 pounds	17 to 21 minutes	16 to 21 minutes
Other	GROUND BEEF PATTIES**	1/2 inch (4 ounces each) 3/4 inch (6 ounces each)	11 to 13 minutes 13 to 15 minutes	7 to 8 minutes 13 to 14 minutes
		1 x 1-1/4 inches (1 pound)	6 to 8 minutes (grill covered)	7 to 9 minutes
	KABOBS	1 x 1-1/4 inches (1 pound)	6 to 8 minutes (grill covered)	7 to 9 minutes

For gas grilling, gas grill brands vary greatly and grilling times may need to be adjusted. Consult owners’ manual for specific grilling information. Guidelines were developed using Weber Genesis gas grills. For charcoal grilling, when coals are medium, ash-covered (approximately 30 minutes), spread in single layer and check cooking temperature. Position cooking grid. To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.

*Unless otherwise specified.

Beef...
Outdoors
at the Grill



Recipes to
Grill Once, Dine Twice

Ribeye Steaks

with Blue Cheese Butter and Mushrooms

MAKES 4 SERVINGS

Total preparation and cooking time: 35 to 40 minutes

- 4 well-trimmed beef ribeye steaks, cut 1 inch thick (about 12 ounces each)
- 2 tablespoons chopped fresh thyme
- 2 tablespoons minced garlic
- 1/2 teaspoon pepper
- 8 medium portobello mushrooms, stems removed (about 1-3/4 pounds)
- 1/4 cup olive oil
- Salt
- Chopped fresh parsley (optional)
- Blue Cheese Butter:
- 1/2 cup crumbled blue cheese
- 1/4 cup butter, softened
- 3 tablespoons chopped rehydrated sun-dried tomatoes, not packed in oil
- 1 tablespoon chopped fresh parsley

◆ Combine thyme, garlic and pepper in small bowl; press evenly onto beef steaks. Set aside.

◆ Brush mushrooms with oil. Place steaks in center of grid over medium, ash-covered coals; arrange mushrooms around steaks. Grill steaks, uncovered, 11 to 14 minutes for medium rare to medium doneness, turning occasionally. Grill mushrooms 16 to 18 minutes until tender, turning occasionally.

◆ Meanwhile combine Blue Cheese Butter ingredients in small bowl until well blended.

◆ Cover and refrigerate 2 steaks, 4 mushrooms and 1/2 cup Blue Cheese Butter to use in Ribeye Steak Sandwiches. Coarsely chop remaining 4 mushrooms; divide evenly among 4 plates. Spread remaining Blue Cheese Butter over remaining 2 steaks. Carve steaks into slices; arrange evenly over mushrooms. Season with salt, as desired. Garnish with parsley, if desired.

Cook's Tip: To rehydrate sun-dried tomatoes, cover with boiling water; let stand 10 minutes. Drain well before using.

Nutrition information per serving: 337 calories; 20 g fat (7 g saturated fat; 9 g monounsaturated fat); 89 mg cholesterol; 159 mg sodium; 6.0 g carbohydrate; 1.6 g fiber; 32 g protein; 11.6 mg niacin; 0.7 mg vitamin B6; 1.6 mcg vitamin B12; 2.6 mg iron; 45.3 mcg selenium; 5.8 mg zinc.

Ribeye Steak Sandwiches - MAKES 4 SERVINGS

Toast eight 1/2-inch thick slices olive bread. Spread 1 tablespoon leftover Blue Cheese Butter on 1 side of each bread slice. Carve leftover grilled steaks into slices; season with salt and pepper, as desired. Divide slices evenly among buttered sides of 4 bread slices. Top each with 1 leftover grilled mushroom. Divide 1-1/2 cups fresh baby spinach evenly over mushrooms. Close sandwiches with remaining bread slices, buttered sides down. Cut sandwiches in half; serve.



Flat Iron Steaks

with Grilled Corn and Cumin-Lime Butter

MAKES 4 SERVINGS

Total preparation and cooking time: 55 to 60 minutes

Marinating time: 30 minutes

- 4 beef shoulder top blade steaks (flat iron) (about 8 ounces each)
- 6 ears fresh sweet corn, in husks
- 2 tablespoons butter, softened
- 1 teaspoon fresh lime juice
- 1 medium poblano pepper
- 1 small red finger chili (cayenne) pepper or serrano pepper
- Lime wedges
- Salt and ground black pepper
- Rub:
- 2 tablespoons ground cumin
- 3 large cloves garlic, minced
- 2 teaspoons brown sugar
- 1/2 teaspoon freshly grated lime peel
- 1/4 teaspoon ground red pepper

◆ Pull back husks from corn, leaving husks attached. Remove and discard corn silk. Bring husks back up around corn; tie in place with kitchen string or strips of corn husk. Soak corn in cold water at least 30 minutes.

◆ Combine rub ingredients. For Cumin-Lime Butter, combine 2 teaspoons rub mixture, butter and lime juice in small bowl; set aside. Press remaining rub evenly onto beef steaks. Cover and refrigerate steaks 30 minutes.

◆ Remove corn from water. Place on grid over medium, ash-covered coals; grill, uncovered, 20 to 30 minutes until tender, turning occasionally. About 15 minutes before corn is done, move ears to outer edge of grid. Place poblano and chili pepper in center of grid; grill poblano pepper 10

to 15 minutes and chili pepper 5 minutes or until skins are completely blackened, turning occasionally. Place peppers in food-safe plastic bag; close bag. Set aside.

◆ Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare to medium doneness, turning occasionally.

◆ Remove and discard husks from corn. Cover and refrigerate 2 steaks, 2 ears corn and grilled peppers to use in Steak and Grilled Corn Tortillas. Carve remaining 2 steaks into slices. Squeeze lime wedges over beef, as desired. Spread Cumin-Lime Butter over remaining 4 ears corn. Season beef and corn with salt and black pepper, as desired.

Cook's Tip: One boneless beef top sirloin steak, cut 1-1/2 inches thick, may be substituted for top blade steaks (flat iron). Grill, covered, 22 to 26 minutes for medium rare to medium doneness, turning occasionally. Cover and refrigerate half of the steak for use in Steak and Grilled Corn Tortillas. Carve remaining steak half into strips and serve as directed above.

Nutrition information per serving: 333 calories; 18 g fat (8 g saturated fat; 6 g monounsaturated fat); 86 mg cholesterol; 84 mg sodium; 20 g carbohydrate; 3.2 g fiber; 25 g protein; 4.8 mg niacin; 0.4 mg vitamin B6; 5.0 mcg vitamin B12; 3.6 mg iron; 33.0 mcg selenium; 8.1 mg zinc.

Steak and Grilled Corn Tortillas - MAKES 4 SERVINGS

For Corn Salsa, cut corn kernels from cobs; place in medium bowl. Remove and discard skins, stems and seeds from leftover grilled peppers. Chop peppers; add to corn. Stir in 2 tablespoons olive oil, 1 to 2 tablespoons chopped fresh cilantro, 1 tablespoon fresh lime juice and 1/4 teaspoon salt; set aside. For Avocado Cream, combine 1 coarsely mashed ripe avocado, 1 tablespoon chopped fresh cilantro, 1 tablespoon dairy sour cream, 1 teaspoon fresh lime juice and 1/8 teaspoon salt in small bowl; set aside. Carve leftover grilled steaks into thin slices. Serve beef in 8 warmed 6 to 7-inch-diameter corn tortillas topped with Corn Salsa and Avocado Cream.

Cook's Tip: When handling chili peppers, wear clean latex or rubber gloves to protect hands from the burning oils. Avoid touching eyes, nose or mouth.

Italian Marinated Steak

With Grilled Ratatouille

MAKES 4 SERVINGS

Pictured on cover

Total preparation and cooking time: 45 to 50 minutes

Marinating time: 6 hours or overnight

- 1 beef top round steak, cut 1 inch thick (about 1-1/2 pounds)
- 1 small eggplant, cut crosswise into 1/2-inch thick slices
- 2 large red or yellow bell peppers, cut lengthwise into quarters
- 1 medium zucchini, cut lengthwise in half
- 1 medium yellow squash, cut lengthwise in half
- 1-1/2 cups chopped fresh tomatoes
- 1/3 cup lightly packed chopped fresh basil
- Salt and ground black pepper
- Marinade:
- 1/2 cup olive oil
- 1/2 cup dry white wine
- 3 tablespoons fresh lemon juice
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

◆ Combine marinade ingredients in small bowl. Place beef steak and 1/2 cup 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. Cover and reserve remaining marinade in refrigerator.

◆ Remove 2 tablespoons reserved marinade for ratatouille; set aside. Brush vegetables (except tomatoes) with some of remaining reserved marinade.

◆ Remove steak from marinade; discard marinade. Place steak in center of grid over medium, ash-covered coals; arrange vegetables around steak. Grill steak, uncovered, 16 to 18 minutes for medium rare doneness, turning occasionally. (Do not overcook.) Grill eggplant and bell peppers 12 to 15 minutes; zucchini and yellow squash 8 to 12 minutes or until tender, turning occasionally and basting with remaining reserved marinade.

◆ Cut grilled vegetables into 1-inch pieces. Carve steak into thin slices. Cover and refrigerate 1 cup each vegetables and steak slices to use in Steak and Grilled Vegetable Salad. For ratatouille, combine remaining vegetables, tomatoes, basil and reserved 2 tablespoons marinade in medium bowl; toss. Season ratatouille and remaining steak with salt and black pepper, as desired.

Nutrition information per serving: 347 calories; 19 g fat (4 g saturated fat; 12 g monounsaturated fat); 61 mg cholesterol; 199 mg sodium; 12 g carbohydrate; 3.4 g fiber; 30 g protein; 6.5 mg niacin; 0.8 mg vitamin B6; 1.5 mcg vitamin B12; 3.3 mg iron; 31.5 mcg selenium; 5.3 mg zinc.

Steak and Grilled Vegetable Salad - MAKES 2 SERVINGS

For vinaigrette, whisk 2 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1-1/2 teaspoons Dijon-style mustard, 1 teaspoon chopped fresh parsley, 1/8 teaspoon salt and dash pepper in small bowl until blended. Divide 4 cups mixed baby salad greens between 2 serving plates. Arrange leftover steak slices, leftover vegetables and 1/2 cup grape tomato halves evenly over greens. Drizzle evenly with vinaigrette. Top with shaved Parmesan cheese, as desired.

Grilling Tips

◆ Trim visible fat from meat and poultry before grilling to help prevent flare-ups.

◆ Grill over medium heat. For gas grills, set temperature controls to medium. For charcoal grills, check the coals—they will no longer be flaming and will be covered with gray ash. If food is grilled over too high heat, the exterior can become overcooked or charred before the interior reaches the desired doneness. Charring meat, poultry or fish is not recommended.

◆ Use an instant-read thermometer inserted horizontally into the side of burgers and steaks to check doneness. Thermometer should penetrate the thickest part or center of the burger or steak. For steaks, thermometer should not touch bone, fat or the grill. The thermometer will register 145°F for medium rare; 160°F for medium doneness.

◆ Use a long-handled spatula to turn burgers and tongs to turn steaks. Do not press, flatten or pierce the meat—flavorful juices will be lost.

◆ Go to www.BeeffitsWhatsForDinner.com for more helpful grilling information.

