

TANGY LIME GRILLED BEEF TOP ROUND STEAK

This steak is tenderized by a tangy marinade of lime, garlic and brown sugar. Throw on the grill for dinner in minutes. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 25 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 beef Top Round Steak, cut $\frac{3}{4}$ inch thick (about 1 pound)
- $\frac{1}{4}$ cup fresh lime juice
- 2 tablespoons lightly packed brown sugar
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic



COOKING

1. Combine juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
Cook's Tip: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)
3. Carve steak into thin slices.

Nutrition information per serving: 201 Calories; 72 Calories from fat; 8g Total Fat (2.1 g Saturated Fat; 0.01 g Trans Fat; 2.2 g Polyunsaturated Fat; 2.7 g Monounsaturated Fat); 71.4 mg Cholesterol; 57.5 mg Sodium; 3.6 g Total Carbohydrate; 0.1 g Dietary Fiber; 27.2 g Protein; 2.5 mg Iron; 257.7 mg Potassium; 4.9 mg NE Niacin; 0.4 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 4.7 mg Zinc; 31.2 mcg Selenium; 103.8 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety