



Add some variety to your Tri-Tip with a flavorful rub!

Espresso Rub

- 2 tablespoons finely ground espresso coffee beans
 - 1 tablespoon garlic pepper
 - 2 teaspoons brown sugar
 - 1 teaspoon ancho chili powder
1. Combine rub ingredients in small bowl; press generously onto beef steak(s).
 2. Grill, pan-broil or broil steaks; place roast in oven and cook according to chart. Cook to medium rare (145°F) to medium (160°F) doneness.

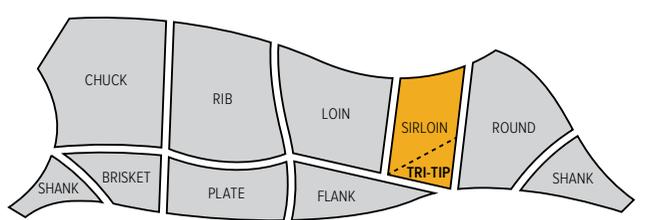
Smoky Paprika Rub

- 2 tablespoons smoked or Spanish paprika
 - 1½ teaspoons sugar
 - 1½ teaspoons chili powder
 - 1 teaspoon ground black pepper
 - ½ teaspoon ground red pepper
1. Combine all ingredients in small bowl; press evenly onto beef steak(s).
 2. Grill, pan-broil or broil steaks; place roast in oven and cook according to chart. Cook to medium rare (145°F) to medium (160°F) doneness.

Ranch-Style Beans

- Total Preparation and Cooking Time: 3 hours
Makes 10 cups
- 1 pound pinto beans
 - 2 cans (14½ ounces each) beef broth
 - 4½ cups water
 - 1 pound ground beef
 - 2 onions, chopped
 - 4 large tomatoes, chopped
 - 1 can (7 ounces) diced green chiles
 - ½ cup fresh chopped cilantro
 - 3 tablespoons chili powder
 - 1 tablespoon dried oregano leaves
 - 1 teaspoon salt
- Place beans, beef broth and water in 8-quart Dutch oven; cover. Heat to boiling; reduce heat and simmer 2 hours, stirring occasionally. Sauté ground beef, onions, and garlic; drain. Add beef mixture and remaining ingredients to beans. Simmer, covered, 1 hour. If a thinner consistency is desired add more beef broth.

About the Tri-Tip

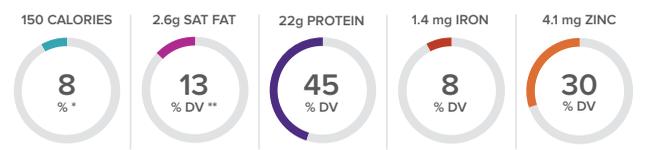


COOKING METHODS



Slice across the grain.

NUTRITION



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

Nutrition information per 3-oz serving, cooked, lean only, visible fat trimmed: 150 Calories; 60g Calories from fat; 7g Total Fat; 2.6g Saturated Fat; 0.2g Polyunsaturated Fat; 3.5g Monounsaturated Fat; 0g Trans Fat; 0g CLA Fat; 65mg Cholesterol; 45mg Sodium; 285mg Potassium; 0g Total carbohydrate; 22g Protein; 1.4mg Iron; 0.1mg Riboflavin; 6.4mg Niacin; 0.5mg Vitamin B₆; 85.6mg Choline; 1.3mcg Vitamin B₁₂; 177.2mg Phosphorus; 4.1mg Zinc; 26mcg Selenium; 0g Fiber.

Where did the delicious Tri-Tip originate?

On the central coast of California lies the town of Santa Maria known for its mouth-watering barbecued Tri-Tip, prepared predominantly with simple seasonings and a touch of tradition.

In the early 1800's the cattle industry was the foundation of California's economy. Every spring, Santa Maria Valley rancheros would gather to help each other brand their cattle. The host would prepare a Spanish-style barbecue for his vaqueros (America's first cowboys) after a long day of work. The beef was barbecued over a red oak fire and served with Piquito beans, bread and salsa.

In the 1950's Bob Schutz, a meat cutter from California's central coast, began using one of the muscles from the bottom sirloin and prepared it Santa Maria style. He recognized that using all the bottom sirloin for stew meat or ground beef as had been tradition, might be a waste of a good cut. Schutz called his new cut a "Tri-Tip" because of its triangular shape.

This popular cut has since become synonymous with Santa Maria style barbecue and is undeniably a California tradition.

- Information provided by Susan Righetti of Susie Q's Brand in Santa Maria and Richard Chenoweth of the Santa Maria Valley Historical Society-Museum.



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TRI-TIP
California's Cut



Lemon-Garlic Grilled Beef Tri-Tip Roast with Vegetables



50 MIN 8 SERVINGS

- 1 beef Tri-Tip Roast (1½ to 2 pounds)
- 4 ears corn, husked
- 1 pound fresh asparagus, trimmed
- 1 red onion, cut into 8 wedges

Marinade:

- ½ cup dry white wine
- 2 tablespoons fresh lemon juice
- 1 tablespoon no-salt added lemon pepper seasoning
- 1 tablespoon minced garlic
- 1 teaspoon lemon zest
- ½ teaspoon cayenne pepper (optional)

Seasoning:

- 2 teaspoons no-salt added lemon pepper (divided)

- Combine marinade ingredients in small bowl. Place beef Tri-Tip Roast and marinade in food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally.
- Remove roast from marinade; discard marinade. Pat dry with paper towel. Prepare gas grill for indirect cooking by lighting two-thirds to one-half your grill, leaving remainder off. When grill is hot (10 to 15 minutes), place roast directly above flames. Cover and sear all sides of roast, approximately 8 minutes each. Move roast to unlit area on grid. Cover and cook 14 to 16 minutes until medium rare (135°F) to medium (150°F) doneness, turning occasionally. Place vegetables directly above flames. Cover and cook corn 15 to 20 minutes; asparagus 7 to 11 minutes and onions 11 to 15 minutes or until tender, turning occasionally. Remove roast. Let roast stand 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium.)
- Carve roast against the grain into ¼-inch slices; season with 1 teaspoon lemon pepper. Sprinkle remaining 1 teaspoon lemon pepper over vegetables; toss gently. Season roast and vegetables with salt and pepper, as desired.

Nutrition information per serving: 245 Calories; 10g Total Fat; 2.8g Saturated Fat; 0.3g Polyunsaturated Fat; 0.2g Monounsaturated Fat; 0.2g Trans Fat; 69mg Cholesterol; 54mg Sodium; 575mg Potassium; 14g Total carbohydrate; 25g Protein; 2.9mg Iron; 7.3mg Niacin; 0.6mg Vitamin B₆; 104.7mg Choline; 1.3mcg Vitamin B₁₂; 4.5mg Zinc; 25.2mcg Selenium; 2.5g Fiber.



One Pan Roasted Beef Tri-Tip & Brussels Sprouts



1 HOUR 30 MIN 10 SERVINGS

- 1 beef Tri-Tip Roast (about 2 to 3 pounds)
- 1½ teaspoons salt, divided
- 1½ teaspoons fresh cracked black pepper, divided
- 1 teaspoon minced garlic
- 2 pounds Brussels sprouts, trimmed and quartered

- Preheat oven to 425°F. Combine 1 teaspoon salt, 1 teaspoon pepper and garlic; press evenly onto all surfaces of beef roast. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so that tip is centered in thickest part of beef, not resting in fat. Do not add water or cover.
- Lightly coat Brussels sprouts with nonstick cooking spray. Add remaining ½ teaspoon salt and remaining ½ teaspoon pepper; toss to coat. Arrange Brussels sprouts around roast in roasting pan.
- Roast 425°F oven for 40 to 50 minutes for medium rare; 50 to 60 minutes for medium doneness. Remove roast when meat thermometer registers 135°F for medium rare, 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare, 160°F for medium.) Brussels sprouts should be crisp around the edges and tender. Carve roast into slices. Serve with Brussels sprouts.

Nutrition information per serving: 205 Calories; 7g Total Fat; 3g Saturated Fat; 4g Monounsaturated Fat; 66mg Cholesterol; 51mg Sodium; 11g Total carbohydrate; 27g Protein; 3.1mg Iron; 7.4mg Niacin; 0.7mg Vitamin B₆; 108.5mg Choline; 1.3mcg Vitamin B₁₂; 4.7mg Zinc; 28.2mcg Selenium; 4.4g Fiber.



Cali-Caribbean Steak Street Tacos



30 MIN 4 SERVINGS

- 1 pound boneless beef Tri-Tip Steaks, cut 1 inch thick
- 2 large navel oranges
- 1½ tablespoons extra light olive oil
- 3 teaspoons jerk seasoning
- 2 cups baby arugula
- 1 fresh California avocado, peeled, sliced
- 16 white corn tortillas (6-inch diameter), warmed
- ⅓ cup chopped salted cashews

- Cut one orange in half; squeeze juice from one half to measure about 3 tablespoons. For dressing, combine juice, olive oil and 1 teaspoon jerk seasoning in small bowl. Mix well; set aside.
- Rub beef steak on both sides with remaining jerk seasoning.
- Place steak on grid over medium, ash-covered coals; grill steak, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 10 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steak from grill and transfer to cutting board. Carve steak diagonally into thin slices.
- Meanwhile, peel remaining orange and orange half; cut into sections. Place in medium bowl with arugula and avocado. Add dressing; toss gently.
- Stack two tortillas for each taco. Top one side of tortillas with beef slices, arugula-avocado mixture and cashews; fold in half. Serve immediately.

Nutrition information per serving: 635 Calories; 28g Total Fat; 5g Saturated Fat; 15g Monounsaturated Fat; 66mg Cholesterol; 355mg Sodium; 68g Total carbohydrate; 31g Protein; 2.7mg Iron; 8mg Niacin; 0.7mg Vitamin B₆; 110mg Choline; 1.2mcg Vitamin B₁₂; 5.2mg Zinc; 29.2mcg Selenium; 12.8g Fiber.



Grilled Beef Tri-Tip Salad with Balsamic Dressing



50 MIN 8 SERVINGS

- 1 beef Tri-Tip Roast (1½ to 2 pounds)

Marinade and Dressing:

- ½ cup balsamic vinaigrette
- 1½ tablespoons Dijon-style mustard
- 1 tablespoon honey

Salad:

- 6 cups arugula leaves
- 1 cup cherry tomatoes, halved
- ½ cup cooked sweet corn, chilled
- ¼ cup diced red onion
- ½ cup reduced-fat feta cheese crumbles
- ¼ teaspoon freshly ground black pepper

- Combine vinaigrette and mustard ingredients in small bowl. Place beef Tri-Tip Roast and ½ cup marinade in food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Stir in honey to remaining ¼ cup marinade. Cover and refrigerate until ready to use.
- Remove roast from marinade; discard marinade. Pat dry with paper towel. Prepare gas grill for indirect cooking by lighting two-thirds to one-half your grill, leaving remainder off. When grill is hot (10 to 15 minutes), place roast directly above flames. Cover and sear all sides of roast, approximately 8 minutes each. Move roast to unlit area on grid. Cover and cook 14 to 16 minutes until medium rare (135°F) to medium (150°F) doneness, turning occasionally. Let stand 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium.)
- Combine arugula, tomatoes, corn, onions and feta in large bowl; toss gently. Place on large platter. Carve roast against the grain into ¼-inch slices; season with salt, as desired. Top salad with steak. Drizzle with reserved dressing and pepper, as desired.

Nutrition information per serving: 261 Calories; 12.8g Total Fat; 1.3g Saturated Fat; 0.1g Polyunsaturated Fat; 0.1g Monounsaturated Fat; 0.2g Trans Fat; 74mg Cholesterol; 428mg Sodium; 402mg Potassium; 7.6g Total carbohydrate; 25.1g Protein; 1.7mg Iron; 6.1mg Niacin; 0.5mg Vitamin B₆; 88.7mg Choline; 1.3mcg Vitamin B₁₂; 4.1mg Zinc; 23.5mcg Selenium; 0.8g Fiber.