

# Chimichurri Beef Shoulder Steak

Steak is marinated in and served with a fresh South American-style parsley sauce. Try this flavorful recipe today.



## INGREDIENTS

- 1 beef Chuck Shoulder Steak, Arm Steak or Cross Rib Steak, cut 1-inch thick (about 1-1/4 pounds)
- 3/4 cup prepared non-creamy Caesar dressing
- 1/2 cup chopped fresh parsley
- 3/4 teaspoon crushed red pepper
- Salt and pepper

35 Min      4      42 Cal      24g  
Servings      Protein

## COOKING

1. Combine marinade ingredients in small bowl. Cover and refrigerate 1/3 cup. Place beef Chuck Shoulder Steak and remaining marinade in food-safe plastic bag; turn Steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Remove Steak from marinade; discard marinade. Place Steak on grid over medium, ash-covered coals. Grill, covered, 12 to 17 minutes (15 to 19 minutes on preheated gas grill) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Carve Steak into thin slices. Season with salt and pepper, as desired. Serve with reserved marinade.

## NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein |   |   |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 4         |          | 17g       | 7mg     |        | 1g         | 24g     | 1 | 0 |

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com