

Grilled Cowboy Steak

A steak that tastes like you're on the open range.

INGREDIENTS

1 pound ribeye, top sirloin, top loin (strip) or tenderloin steaks, cut 1 inch thick or 2 pounds Porterhouse or T-bone steaks, cut 1 inch thick

2 teaspoons sweet paprika

1-1/2 teaspoons dried thyme leaves

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon salt (optional)

1/2 teaspoon pepper



5 Min



4
Servings



42 Cal



21g
Protein

COOKING

1. Combine Rub ingredients; press evenly onto beef steak(s).

2. Place steak(s) on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill according to the chart for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		18g	70mg		2g	21g	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