

## Grilled Eye Of Round Steaks With Wasabi-Yogurt Cream

Yogurt, ginger and garlic create a tenderizing marinade for Eye of Round Steaks. While the steaks grill, a creamy wasabi sauce is whipped up.

## **INGREDIENTS**

- 4 beef Eye of Round Steaks, cut 3/4 inch thick (about 4 ounces each)
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Servings

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Protein

- 4 beef Eye of Round Steaks,  $\operatorname{cut} 3/4$  inch thick (about 4 ounces each)
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- 1-1/2 cups plain yogurt, divided
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- 1-1/2 cups plain yogurt, divided
- 1 tablespoon finely chopped fresh ginger
- ${\tt 1}\, {\tt tablespoon}\, {\tt finely}\, {\tt chopped}\, {\tt fresh}\, {\tt ginger}$
- 1 tablespoon finely chopped fresh ginger
- ${\tt 1}\, {\tt table spoon}\, {\tt finely}\, {\tt chopped}\, {\tt fresh}\, {\tt ginger}$
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- 1 tablespoon finely chopped garlic
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## **COOKING**

- 1. Combine 1/2 cup yogurt, ginger and garlic in small bowl. Place beef steaks and yogurt mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
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558 Carve steaks into thin slices, season with salt and nepper as desired. Serve with wasahi, vogurt mixture

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## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		5g	57mg		<b>6</b> g	29g	1	0

<sup>\*</sup>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.

 $Courtesy\ of\ BeefItsWhatsFor Dinner.com$