

# Grilled Southwest Steaks With Spicy Corn Salsa

This recipe is great to make down home on the ranch or at your apartment in the city. Spicy and tangy Southwestern corn salsa is a vibrant side dish to these flavorful steaks.

## INGREDIENTS

2 boneless beef Chuck Shoulder Steaks, cut 3/4 inch thick (8 to 10 ounces each)

1/2 cup prepared sweet barbecue sauce

3 tablespoons minced green onion

2 tablespoons finely chopped fresh cilantro

2 medium jalapeño peppers, minced

1 cup frozen corn



30 Min



4

Servings



42 Cal



26g

Protein

## COOKING

1. Combine barbecue sauce, onion, cilantro and peppers in small bowl. Cover and refrigerate 1/4 cup for salsa. Place beef steaks and remaining barbecue sauce 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.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 8 to 12 minutes (over medium heat on preheated gas grill, 9 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Meanwhile combine corn and reserved 1/4 cup marinade in small bowl; season with salt, as desired. Set aside.

4. Carve steaks into thin slices; season with salt and pepper, as desired. Serve with corn salsa.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		6g	8mg		17g	26g	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