

Grilled T-Bone Steaks With Bbq Rub

This could be called beef at its best. A simple rub including chili powder, garlic and brown sugar adds that special touch.

INGREDIENTS

- 2 to 4 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 2 to 4 pounds)
- 2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 2 pounds)
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25 Min



4
Servings



42 Cal



36g
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 2 pounds)

Salt

2 tablespoons chile powder

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2 tablespoons packed brown sugar

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2 teaspoons minced garlic

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1/4 teaspoon ground red pepper

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COOKING

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		30g	120mg		10g	36g	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