

Spicy Five-Pepper T-Bone Steaks

This recipe for lean T-Bone steaks includes a homemade Spicy Peppercorn Steak Sauce for big flavor!

INGREDIENTS

2 beef T-Bone Steaks, cut 1 inch thick (about 16 ounces each)
 3 tablespoons coarsely ground mixed peppercorns (black, white, green and pink)
 2 teaspoons kosher salt
 1/8 teaspoon ground red pepper
 2 teaspoons vegetable oil
 1/4 cup chopped onion
 1 teaspoon minced garlic
 1 cup ketchup
 1/2 cup beef broth
 1/3 cup raisins
 3 tablespoons balsamic vinegar
 1 tablespoon molasses
 1 tablespoon soy sauce
 Additional beef broth (optional)



1.00
Hours



4
Servings



42 Cal




26g
Protein

COOKING

1. Combine Five-Pepper Seasoning ingredients in small bowl; mix well. Reserve 2 teaspoons for Spicy Peppercorn Steak Sauce. Set aside remaining mixture for seasoning beef T-Bone Steaks.
2. To prepare Spicy Peppercorn Steak Sauce, heat oil in small saucepan over medium heat until hot. Add onion and garlic; cook and stir 1 to 2 minutes or until tender but not browned. Stir in ketchup, broth, raisins, vinegar, molasses, soy sauce and reserved 2 teaspoons Five-Pepper Seasoning; bring to a boil. Reduce heat; simmer gently 10 minutes to blend flavors, stirring occasionally. (Sauce will thicken slightly.)
3. Place sauce in blender or food processor container. Cover; pulse on and off for slightly chunky texture. (For a thinner sauce, additional broth may be added 1 tablespoon at a time; pulse on and off after each addition.) Return sauce to saucepan; keep warm until ready to serve.
4. Press remaining Five-Pepper Seasoning evenly onto beef steaks. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
5. Remove bones; carve steaks crosswise into slices. Serve with sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		11g	48mg		35g	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