

# 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) - Mixed peppercorns are sold in specialty food markets and some supermarkets. If a four-peppercorn mix is not available, a three-peppercorn mix may be substituted. Or make your own mix by combining equal amounts of whole black, white, green and pink peppercorns.

<BR> <BR> To easily grind whole peppercorns, use a pepper mill or coffee grinder (used only for seasonings). They can also be crushed in a food-safe plastic bag. Place the peppercorns in the bag, squeeze out the air and seal. Use the bottom of a custard cup, rolling pin or side of a heavy pan to crush the peppercorns.

2 teaspoons kosher or table 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)

## 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 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.)



1.00  
Hours



4  
Servings



42 Cal



26g  
Protein

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.

Recipe as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

## 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](http://BeefItsWhatsForDinner.com)