

T-Bone Steaks & Grilled Vegetables

Classic T-Bone Steaks are grilled alongside red peppers and mushroom kabobs. The entire meal is finished with a homemade steak sauce.

INGREDIENTS

- 2 beef T-Bone Steaks, cut 1 inch thick (about 2 pounds)
- 3 tablespoons mixed peppercorns (black, white, green and pink), coarsely ground
- 1 teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 small red, yellow, orange or green bell peppers, cut into 6 wedges each
- 8 ounces medium button mushrooms
- 2 tablespoons olive oil
- Salt and pepper
- 2 tablespoons butter
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- 3/4 cup ketchup
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce

COOKING

1. Combine mixed peppercorns, salt and red pepper in small bowl. Reserve 1 teaspoon for sauce. Press remaining pepper mixture evenly onto beef steaks. Toss bell peppers and mushrooms with oil to coat in a large bowl; season with salt and pepper, as desired. Thread mushrooms evenly onto two 12-inch metal skewers.
2. Place steaks in center of grid over medium, ash-covered coals; arrange bell peppers and mushroom kabobs around steaks. Grill steaks, 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. Grill bell peppers and mushrooms 12 to 15 minutes or until tender, turning occasionally.
3. Meanwhile prepare sauce. Melt butter in small saucepan over medium heat. Add onion and garlic; cook and stir 4 to 5 minutes or until tender. Stir in remaining sauce ingredients and reserved 1 teaspoon pepper mixture; bring to a boil. Reduce heat; simmer 3 minutes to blend flavors, stirring occasionally. Place in blender or mini food processor container. Cover; process until puréed.
4. Remove bones and carve steaks into slices. Serve with sauce.



40 Min



4
Servings





42 Cal



32g
Protein

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		23g	76mg		28g	32g	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