

Mediterranean Grilled Chuck Steak With Garden Grilled Vegetables

Dive into this marinated, grilled chuck steak paired with flavors of the Mediterranean. Served with seasonal grilled vegetables.



20 Min



4
Servings



42 Cal



25g
Protein

INGREDIENTS

- 1 pound beef Blade Chuck Steak
- 2 teaspoons Mediterranean Spice Mix
- 2 zucchini, cut lengthwise
- 8 baby sweet bell peppers
- 1 teaspoon olive oil
- 2/3 cup balsamic vinegar
- 2/3 cup olive oil
- 1 Tablespoon Mediterranean spice mix

COOKING

1. Combine marinade in a small bowl. Place beef Chuck steaks & marinade 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. In a medium size bowl toss zucchini & mini bell peppers with 1 teaspoon olive. Place vegetables on grid over medium heat. Grill 3 to 5 minutes on each side. Remove from grill and set aside. Once slightly cooled slice zucchini into 1/4inch slices and set aside.

3. Remove steaks from marinade; discard marinade. Season each side of the steak with 1/2 Tablespoon of spice mix. Place steaks on grid over medium, ash-covered coals. Grill, covered, 3 to 4 minutes (over medium heat on preheated gas grill, 3 to 4 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from the grill and season with salt, as desired. Serve alongside grilled vegetables.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		29g	72mg		17g	25g	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.

