

Asian Barbecue Steaks

Do you like barbecue? Try this Asian-style barbecue steak recipe with ingredients you can find at any grocery store.

INGREDIENTS

2 beef Sirloin Tip Side Steaks, cut 1 inch thick (about 8 ounces each)

Salt and pepper

Chopped green onions (optional)

1/2 cup ketchup

1/4 cup chopped green onions

1/4 cup hoisin sauce

1 tablespoon minced fresh ginger



30 Min



4
Servings



42 Cal



24g
Protein

COOKING

1. Combine marinade ingredients in small bowl. Cover and refrigerate 1/2 cup marinade. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or overnight.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 13 to 14 minutes) for medium rare (145°F) doneness, turning once. (Do not overcook.)

3. Carve steaks into thin slices. Season with salt and pepper, as desired. Garnish with green onions, if desired. Serve with reserved marinade.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		6g	75mg		10g	24g	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