

All for the Beef Beef Steak

Mucho Mexican Marinated
Beef Steak

Prep 5 mins Cook 10 mins **Yields** 5 servings



Beef grilling or marinating steak Steak sauce Vegetable oil Pizza sauce Chipotle peppers in adobe sauce Green onion

Shopping List

Ingredients

½ cup (125 mL) steak sauce

1/4 cup (50 mL) vegetable oil and pizza sauce

1 tbsp (50 mL) minced chipotle peppers in adobe sauce

1 green onion, sliced

1 lb (500 g) grilling or marinating steak, 1 inch (2.5 cm) thick

Instructions

- 1. Combine steak sauce, oil, pizza sauce, chipotle peppers and green onion in a zipper-type plastic bag.
- 2. Pierce meat all over with fork. Place in bag with marinade; refrigerate for 30 minutes (for grilling steaks) or from 4 to 8 hours (for marinating steaks).
- 3. Pat steak dry. Grill, broil or pan-fry using medium-high heat, turning at least twice, for 10 to 12 minutes for medium-rare doneness 145°F(63°C).



Mucho Mexican Marinated Beef Steak



Marinades can be used to change the flavours of grilling or marinating steaks.

Source of iron (13% DV) and an excellent source of zinc (46% DV), 2% DV sodium.

Nutrition Facts per serving					
114					
18 g					
4 g					
0.2 g					

notes			

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/mucho-mexican-marinated-beef-steak/