

The Steak Cookbook

479 Recipes

Table Of Contents

Steak with Chipotle Cheese Sauce	1
Devil's Steak Sauce	2
Steak And Onions	3
Round Steak and Gravy II	4
Cajun Beef Pepper Steak	5
Steak and Ale Pie with Mushrooms	6
Sirloin Steak Dianne	7
Marinated Tuna Steak	8
Philly Cheese Steak	9
Steaked-Out Pita Pizzas	10
Gingered Pepper Steak	11
Peppercorn-Seasoned Steaks with Mustard-Wine Sauce	12
Super Swiss Steak	13
Grilled Steak Sandwiches with Steak Sauce Mayonnaise and	14
Steak with Marsala Sauce	15
Steak and Kidney Pie I	16
Mushroom Pepper Steak	17
Steak Chili	18
Whiskey-Marinated Steak	19
Bourbon Street Rib-Eye Steak	20
Easiest Delicious Red Wine Steak Sauce	21
Marinated Ham Steaks	22
Irish Whiskey Flat Iron Steak	23
Steak Tip Marinade	24
Grilled Mexican Steak	25
Creamy Dill Salmon Steaks	26
Xavier Steak	27
Squirrel's Great Beef Steak	28
Flat Iron Steaks Marinated in Red Wine	29
Slow-Cooked Swiss Steak	30
Steak Soup	31
Steak and Potato Salad	32
Pepper Steak Stir-Fry	33
Pickle Steak	34
Beer Cheese Philly Steak Casserole	35

Table Of Contents

Apricot Round Steak	36
Steak and Lima Rice	37
Great Garlic Beer Steaks	38
Kings Flat Iron Steak Sandwich	39
T-Bone Steak with Parmesan-Dusted Mushrooms	40
Steaks with Crab Sauce	41
No Fun Steaks	42
My Mom's Swiss Steak	43
Philly Cheese Steak Pizza	44
Joel's Guinness Steak	45
California-Thai Flank Steak	46
Asian Flank Steak Stir-Fry	47
Steak Mix-Up	48
Tortellini, Steak, and Caesar	49
Italian-Style Round Steak	50
Crispy Salmon Steaks	51
Less-Butter Steak Diane	52
Steaks with Chipotle Sauce	53
Steak Pie	54
Salisbury Steak	55
Steak and Spinach Salad	56
Pepper Steak with Squash	57
Dad's Simple Steak Marinade	58
Flat Iron Steak with Three Pepper Rub	59
Beef Steaks With Blue Cheese	60
Steak and Mushroom Florentine	61
Steak Marinade	62
Scrumptious Salisbury Steak in Mushroom Gravy	63
Asian Barbequed Steak	64
Tomato Steak Sandwiches	65
Round Steak and Gravy I	66
Grilled Honey-Soy Pork Steaks	67
Chicken Fried Steak with Cream Pork Sausage Gravy	68
Barbecued Pork Steaks	69
Bubba's Barbequed Skirt Steak	70

Table Of Contents

Swiss Steak Quick and Easy	71
Steak Brunchallta	72
Salsa Cube Steaks	73
Spicy Flat Iron Steak Rub	74
Chipotle Flank Steak with Creamy Cilantro Sauce	75
Steak Stir-Fry	76
Stuffed Flank Steak	77
Citrus Tuna Steaks	78
Sassy Steak Marinade and Sauce	79
Pepper Steak Packet	80
Baked Swiss Steak	81
Barbequed Beef Steak with Orange Marinade	82
Slow-Cooked Round Steak	83
Flank Steak with Avocado Salsa	84
Simply Elegant Steak and Rice	85
Philly Steak Sandwich	86
Simple Salisbury Steaks	87
Grilled Hanger Steak with a Roasted Shallot Port Demi Sauce and	88
Steak Fajitas	89
Steak n Ale Pie	90
Avocado Steak	91
Mom-Mom's Pepper Steak	92
Grilled Chuck Steak	93
Deep Fried Pork Steak	94
Steak N Gravy	95
Flank Steak Roll-Up	96
Chinese Pepper Round Steak	97
Steak Tacos with Spicy Yogurt Sauce	98
Chicken Fried Steak	99
Grilled Ham Steak Kabobs with Peach Slaw	100
Steak Fajitas	101
Tangy Garlic Steak	102
Baked Halibut Steaks	103
Sliced Steak Pizzaiola	104
Sorta Salisbury Steak	105

Table Of Contents

Slow-Cooked Steak Fajitas	106
Stout Steak	107
Greek-Style Rib Eye Steaks	108
Whiskey Steak	109
Jalapeno Steak	110
Grilled Orange Flank Steak	111
Pepper Steak with Squash	112
Sweet and Spicy Marinade for Steak	113
Microwave Swiss Steak	114
Grilled Swordfish Steaks with Cucumber Sauce	115
Marinated Flank Steak with Peppers	116
Asian Flair Flat Iron Steak	117
Slow Cooker Tender and Yummy Round Steak	118
Steak Subs	119
Mushroom Cube Steaks	120
Chicken Fried Steak Cuban Style	121
Steak and Kidney Pie with Bacon and Mushrooms	122
Hamburger Steak with Onions and Gravy	123
Grilled Steak and Potato Salad	124
Jim's Perfect Steak Marinade	125
Parsley-Stuffed Flank Steak	126
The Best Chicken Fried Steak	127
Barbequed Steak	128
Filipino Beef Steak	129
Grilled Tuna Steaks with Dill Sauce	130
The Best Steak Marinade	131
Pan-fried Steak with Marsala Sauce	132
Southern Chicken Fried Steak	133
Steak Parmesan	134
Cook's Ham Steak with Classic Cherry Glaze	135
Sensational Steak Sandwich	136
Simple Salisbury Steak	137
Flank Steak a la Willyboy	138
Slow Cooker Salisbury Steak	139
Poached Tuna Steaks	140

Table Of Contents

Wall's T-Bone Steak Marinade	141
Chinese Pepper Steak	142
Old-Fashioned Swiss Steak	143
Cheese-Stuffed Flank Steak	144
Best Steak Marinade in Existence	145
Autumn Spice Ham Steak	146
Garlic-Pepper Tenderloin Steaks	147
Flank Steak Barbecue	148
Rosemary Pesto-Crusted Lamb Steaks	149
Murphy Steaks	150
Tomato Pepper Steak	151
Scrumptious Korean Steak	152
New York Steaks with a Vanilla and Cherry Sauce	153
Grilled Pepper Steak Salad	154
Caribbean Beef Loin Steaks	155
Grilled Flat Iron Steak with Blue Cheese-Chive Butter	156
Big Joe's Venison Steak in Chestnut Sauce	157
Pepper Steak	158
Sassy Steak Spray	159
Crumbed Avocado Steak	160
Venison Steak with Peppers and Onions	161
Salmon Steaks With Veggie Cream Sauce	162
Steak Strips with Spaghetti	163
Gin and Spice Flank Steak	164
Stuffed Flank Steak	165
Country Fried Steak	166
Men Love This Steak	167
Sesame Lime Steak Wraps	168
Crock Pot or Slow Cooked Flank Steak	169
Steak and Kidney Pie II	170
Seared Ahi Tuna Steaks	171
Tarragon Tuna Steaks	172
Teriyaki Finger Steaks	173
Lomo de Res, Cuban-Style Rib-Eye Steaks	174
Rosemary Steaks with Papaya Butter	175

Table Of Contents

Sweeper Steak	176
Awesome Korean Steak	177
Brandy Flamed Peppercorn Steak	178
Tequila Steak	179
Doreen's Oriental Swordfish Steaks	180
Traditional Salisbury Steak	181
Robust Marinated Steak	182
Honey Mustard Steak	183
Marinade for Steak II	184
Swiss Steak Dinner	185
Tarragon Salmon Steaks	186
Marinated Sirloin Steaks	187
Easy Pepper Steak	188
Slow Cooker Pepper Steak II	189
Original Steak Tartare	190
Steak Hash	191
Tuna Steaks with Melon Salsa	192
Baked Chicken-Fried Steak with Mushroom Gravy	193
Country Fried Steak and Milk Gravy	194
Peppered Flank Steak	195
Marinated Flank Steak	196
Creamy Soup Steaks	197
Idaho-Style Finger Steaks	198
Grilled Ham Steak with Peach Fresca	199
Grilled or Fried Skirt Steak	200
Grilled Fish Steaks	201
Awesome Steak Marinade	202
Onion-Rubbed Flank Steak	203
Broth Marinated BBQ Steak	204
Maria's Pepper Steak	205
Steak Roll-Ups	206
Chicken Fried Steak I	207
Yummy Cube Steaks	208
Cube Steak Parmesan	209
Grilled Fajita Steak Salad With Pickled Pink Onions	210

Table Of Contents

Barbecued Steak Strips	211
Pace ® Sirloin Steak Ole	212
Merlot-Peppercorn Steak Sauce	213
Grilled Salmon Steaks with Savory Blueberry Sauce	214
Rib Eye Steaks with a Soy and Ginger Marinade	215
Dad's Steak Rub	216
Chicken Fried Venison Steaks	217
Swordfish Steaks with Arugula and Basil Sauce	218
Venison Burger and Steak Chili	219
Korean Marinated Flank Steak	220
Mushroom Round Steak	221
Tangy Ham Steak	222
Beer and Brown Sugar Steak Marinade	223
Salisbury Steak Deluxe	224
Oven-Fried Ranch Steak	225
Cubed Steak and Wild Rice	226
Cube Steak Parmigiana	227
Sirloin Steak with Garlic Butter	228
Sweet Grilled Steak Bites	229
Braised Skirt Steak with Artichoke	230
Brandied Pepper Steak	231
Chicken Pepper Steak	232
Salisbury Steak	233
Steak Salad (Ranen Salad)	234
Easy Minute Steaks	235
Steak Burritos	236
Chicken Fried Steak III	237
Chinese Pepper Steak	238
Teriyaki Rib Eye Steaks	239
Steak 'N' Vegetable Soup	240
Peppered Steak with Blackberry Sauce	241
Wasabi Encrusted Tuna Steaks	242
Grilled Salmon Steaks Italian-Style	243
Paprika Chili Steak	244
Steak House Au Gratin Potatoes	245

Table Of Contents

Thyme-Rubbed Steaks with Sauteed Mushrooms	246
Spicy Lime-Cilantro Marinated Flank Steak	247
Peanut Sesame Rib-Eye Steak	248
Ostrich Steaks with Calvados Sauce	249
Willy's Juicy Steak	250
Flank Steak Pinwheels	251
Japanese Sesame Steak Sauce	252
Luau Beef Tenderloin Steaks	253
Bangin' Steak Rub	254
Creamy Sliced Steak and Potatoes	255
Flat Iron Steak with Mushrooms	256
Salsa Steak For One	257
Pork Steaks	258
Steak and Rice	259
Flat Iron Steak and Spinach Salad	260
Teriyaki Steak	261
Berdean's Cube Steak	262
Finger Steaks	263
Stir-Fried Steak and Veggies	264
Pineapple-Green Onion Salsa with Cook's Ham Steak	265
Philly Steak Salad	266
Beef Pepper Steak	267
Flash-In-The-Pan Pepper Steak	268
Marinated Venison Steaks	269
Southwest Steak Bites	270
Saskatchewan City Steak Soup	271
Grilled Rib Eye Steaks	272
Bloody Mary Steaks with Green Olive Butter	273
Lavender Pork Steaks	274
Red Wine Reduction Steak Sauce	275
Spinach Steak Pinwheels	276
Marinated Flank Steak	277
Perfect Flat Iron Steak	278
Steak 'N' Onion Pie	279
Cumin Lamb Steaks with Smashed Potatoes, Wilted Spinach and	280

Table Of Contents

Rock's T-Bone Steaks	281
Firecracker Flank Steak	282
Special Salmon Steaks	283
Baked Fake Steak with Gravy	284
Marinade for Steak I	285
Sicilian Style Steak	286
Chicken Fried Steak II	287
Coffee Marinated Steak	288
Smoky Steak Marinade	289
Rosemary Steak	290
Seasoned Flank Steak	291
Doreen's Steak Marinade	292
Spinach-Stuffed Steak	293
Mock Chicken Fried Steak	294
Marinated Sirloin Steak	295
Creole Pan-Fried Flat Iron Steak	296
Lemon Basil Pesto Flat Iron Steak	297
Fiesta Grilled Ham Steak	298
Pepper Steak and Rice	299
Tasty Tuna Steak	300
John's Mango Steak	301
Sesame Sirloin Steak	302
President Ford's Braised Eye Round Steak	303
Slow-Cooked Flank Steak	304
Kicky Steak Strips with Rice	305
Steak Salad	306
Halibut Steaks	307
Steaks With Roquefort Sauce	308
Steakhouse Wheat Bread for the Bread Machine	309
Cheddar Mushroom Pork Steaks	310
Steak on a Stick	311
Comforting Cube Steaks	312
Joy's Awesome Pepper Steak	313
Juicy Butt Steaks	314
Firecracker Salmon Steaks	315

Table Of Contents

Breaded SPAM® Steaks	316
Grilled Ham Steak	317
Easy Steak Sandwich	318
Simmered Swiss Steak	319
Grilled Pork Steaks with Lemon Butter Sauce	320
Ham Steak Kabobs	321
Citrus-Ginger Tuna Steaks	322
Tender Flank Steak	323
St. Louis Pork Steaks	324
Easy Flat Iron Steak in Wine Sauce	325
Special Strip Steaks	326
Mean Mr. Mustard Steak	327
Carne Asada Steak Sandwich with Avocado Salad	328
Teriyaki Steak Subs	329
Swanson ® Steakhouse Beef and Pepper Stir-Fry	330
Italian Pepper Steak	331
Tuna Steaks with Salsa	332
Swiss Steak Stew	333
Steak with Mushroom Sauce	334
Grilled Flank Steak Salad	335
Homemade Steak Sauce	336
Soy Garlic Steak	337
Fish Steaks Dijon	338
Steak Deals	339
Yummy Pineapple Beef Steak Marinade	340
Big M's Whisky Soaked Beef Rib Steaks	341
Ancho Chile Rubbed Venison Steaks with Lime-Cilantro Butter	342
Steak Fingers	343
Flat Iron Steak Simplicity!	344
Cube Steak Stew	345
Flavorful Flank Steak	346
Barbeque Halibut Steaks	347
China Lake Barbequed Steak	348
Easy Barbeque Beef Tenderloin Steak	349
Rolled Flank Steak	350

Table Of Contents

Tammy's Philly Cheese Steak Dip	351
Griddle Style Philly Steak Sandwiches	352
Venison Salisbury Steak	353
Star Fruit Steak	354
Blazing Steak	355
The Mushroom Steak Stuff	356
Garlic Pepper Steak	357
Salmon Steaks with Dill Sauce	358
Warm Steak and Potato Salad	359
Bourbon Street New York Strip Steak	360
Pepper Steak Sandwiches	361
Baked Round Steak in Barbeque Sauce	362
Steak Tips with Mushroom Sauce	363
Flank Steak with Horseradish Sauce	364
Nikki's Steak Saltimbocca	365
Chimichurri Sauce for Steaks	366
My Country Style Steak	367
Pan Fried Halibut Steak with Light Green Sauce	368
Ultimate Steak Sandwich	369
Ginger Steak	370
Greatest Steak Marinade	371
Steakhouse Grillers Prime Patty Melt	372
G's Flank Steak Marinade	373
Marinated Flat Iron Steak	374
Tropical Tenderloin Steaks	375
Spicy Flank Steak	376
Northwest Steakhouse Steak Marinade	377
Chef's Steak Sauce	378
Sloppied Flank Steak Sandwiches	379
Poor Man's Hamburger Steaks	380
Mushroom Salisbury Steak	381
Kansas City Steak Soup	382
Grilled Steak with Red Tomato Rice	383
Swanson ® Pan-Seared Steaks with Mushroom Gravy	384
Iowa Pork Steak	385

Table Of Contents

Steak Diane	386
Milo's Torch Cafe Original Idaho Finger Steaks	387
Mu Shu Steak and Apple Wraps	388
Steak and Ale Type Bread	389
BBQ Steak Teriyaki	390
Granny's Swiss Steak	391
Slow Cooker BBQ Flat Iron Steak Sandwiches	392
Grilled Jalapeno Tuna Steaks	393
Poor Man's Steak	394
Seven Spiced Shark Steaks	395
Flank Steak with Garlic Wine Sauce	396
Steak Salad II	397
Chicken Fried Venison Steaks	398
Slow Cooker Pepper Steak	399
Shredded Steak Sandwiches	400
Teriyaki Tuna Steaks	401
Chili-Stuffed Flank Steak	402
Grilled Steak Pinwheels	403
Apricot Round Steak	404
Thai Steak Salad	405
Quick Greek Pasta Salad with Steak	406
Round Steak Sauerbraten	407
Grilled Tropical Tuna Steaks	408
Citrus-Ginger Flat Iron Steak	409
Calamari Steaks Parmigiano	410
Carrot-Topped Swiss Cube Steak	411
Roasted Garlic Flat Iron Steak	412
Rhubarb Steak Sauce	413
Marinated Flank Steak	414
Flat Iron Steak with Balsamic Reduction	415
Doreen's Teriyaki Steak Marinade	416
Adel's Red Wine Steak Marinade	417
Blake's Best Steak	418
Steak Sauce	419
Barbequed Marinated Flank Steak	420

Table Of Contents

Simple Vinegar Steak	421
Savory Garlic Marinated Steaks	422
Blackened Tuna Steaks with Mango Salsa	423
Arrachera (Skirt Steak Taco Filling)	424
Steak Stir-Fry	425
Perfect Porterhouse Steak	426
Marinated Steak	427
Beef Tenderloin Steaks Topped with Horseradish and Dijon Mustard	428
Steak Sauce	429
Easy BBQ Flank Steak with Chipotle Mayo	430
Steak and Mushroom Teriyaki Bowl	431
Mexican Steak Torta	432
Swiss Steak Italian Style	433
Cheese Steak Subs	434
Portobello Port Sauce for Steak	435
Chicken-Fried Steak Strips	436
Mexican Steak and Beans	437
Sweet and Sour Ham Steak	438
Venison Steak Strips	439
Caribbean Flank Steak with Coconut Rice	440
Fuzzy's Chipotle Flank Steak	441
Grilled Fish Steaks	442
Beer Steak	443
Spiced Ham Steak	444
Grilled Halibut Steaks	445
Pineapple Steak Stir Fry	446
Asian Steak Stir-Fry Salad	447
Grilled Delmonico Steaks	448
Jeremy's Philly Steak and Cheese Sandwich	449
BBQ Steak	450
Smothered Hamburger Steak	451
Slow Cooker Swiss Steak	452
Mango-Spiced Steak Skewers	453
Fried Steak with Peppercorn Gravy Sauce	454
Grilled Beef Steaks with Espresso-Bourbon Sauce	455

Table Of Contents

Grilled Garlic Flank Steak Salad	456
Herbed Salmon Steaks	457
Gyro Steak Salad (with Tzatziki dressing)	458
Steak, Onion, and Pepper Fajitas	459
Grilled Tuna Steaks with Grape and Caper Salsa	460
Steak Continental	461
Drunken Flat Iron Steak	462
Barbecued Round Steak	463
Teriyaki Flank Steak	464
Gingered Flank Steak	465
Pork Steak Burritos	466
Kikkoman Chinese Pepper Steak	467
Montreal Steak Seasoned Mashed Potatoes	468
Flank Steak with a Port Wine Marinade	469
Steak and Bacon Tournedos	470
Basil-Tomato Tuna Steaks	471
Zippy Swiss Steak	472
Easy Japanese Steakhouse Soup	473
Poor Man's Pepper Steak	474
Easy and Quick Swiss Steak	475
Steakhouse Black Bread	476
Braised Flank Steak with Lemon and Garlic	477
Herbed Chuck Steaks	478
Tropical Steak Sandwich	479

Steak with Chipotle Cheese Sauce

Ingredients

1 tablespoon olive oil
2 large white onions, coarsely chopped
1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup
1/2 cup milk
1/2 teaspoon ground chipotle chile pepper
2 medium tomatoes, coarsely chopped
1 (2 pound) skirt or beef flank steak, 1-inch thick, cut into 8 pieces
1/4 cup chopped fresh cilantro leaves (optional)

Directions

Heat the oil in a 2-quart saucepan over medium heat. Add the onion and cook for 5 minutes or until tender, stirring occasionally.

Stir the soup, milk, chile pepper and tomatoes in the saucepan. Reduce the heat to low. Cook and stir for 3 minutes or until the mixture is hot and bubbling.

Lightly oil the grill rack and heat the grill to medium. Grill the beef for 15 minutes for medium or to desired doneness, turning the beef over once during grilling. Spoon the soup mixture over the beef and sprinkle with the cilantro, if desired.

Devil's Steak Sauce

Ingredients

2 tablespoons raspberry jam
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
2 tablespoons tomato sauce
2 tablespoons malt vinegar
5 drops hot pepper sauce
salt and freshly ground black pepper to taste

Directions

In a saucepan over high heat, blend raspberry jam, brown sugar, Worcestershire sauce, tomato sauce, malt vinegar, hot pepper sauce, salt, and pepper. Bring to a boil over high heat, reduce heat to low, and simmer 10 minutes, or until thickened.

Steak And Onions

Ingredients

1 large onion, halved and sliced
2 tablespoons butter or margarine
1/3 cup white wine or chicken
broth
1 garlic clove, minced
1/2 teaspoon dried rosemary,
crushed
1/4 teaspoon salt
1/4 teaspoon pepper
2 beef tenderloin steaks, 1 1/2 to
2 inches thick

Directions

In a large skillet, cook onion in butter over medium heat for 15-20 minutes or until onion is golden brown, stirring frequently. Stir in wine or broth and garlic. Bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes or until liquid has evaporated.

Meanwhile, combine the rosemary, salt and pepper; rub over steaks. Broil 4 in. from the heat for 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Serve with caramelized onions.

Round Steak and Gravy II

Ingredients

1 1/2 pounds thin cut round steak
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.5 ounce) can condensed
French onion soup
1 (10.75 ounce) can water

Directions

Preheat oven to 325 degrees F (165 degrees C).

Trim the fat from the steak, and cut into desired number of servings.

In a roasting pan over medium high heat, sear both sides of the steak, about 1 minute per side. Remove from heat.

Stir the cream of mushroom soup, French onion soup and water into the roaster. Bake in the preheated oven 2 1/2 hours.

Cajun Beef Pepper Steak

Ingredients

1 pound boneless beef top sirloin steak, cut 3/4 inch thick
2 teaspoons Cajun or Creole seasoning blend
2 medium green or red bell peppers, cut into quarters
2 teaspoons vegetable oil
1 (5.5 ounce) package Cajun or Creole rice mix with seasonings

Directions

Press 1-1/2 teaspoons seasoning blend evenly onto beef steak. Toss bell peppers with oil and remaining 1/2 teaspoon seasoning blend.

Place steak in center of grid over medium, ash-covered coals; arrange bell peppers around steak. Grill, uncovered, 13 to 16 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness and peppers are tender, turning occasionally.

Meanwhile prepare rice blend according to package directions, omitting oil or margarine.

Carve steak into slices. Serve with peppers and rice.

Steak and Ale Pie with Mushrooms

Ingredients

1 1/4 pounds cubed beef stew meat
1 onion, diced
1 (12 fluid ounce) can pale ale or lager beer
2 cloves garlic, minced
1/2 teaspoon dried thyme
1 1/2 teaspoons chopped fresh parsley
2 tablespoons Worcestershire sauce
salt and pepper to taste
2 cups peeled and cubed potatoes
1 1/2 cups quartered fresh mushrooms
1 tablespoon all-purpose flour
1 pastry for double-crust pie

Directions

Place the beef stew meat, onion, and ale in a large saucepan. Simmer over low heat until the meat is tender, about 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C).

Season the beef with garlic, thyme, parsley, Worcestershire sauce, salt and pepper. Mix in the potatoes and mushrooms. Cover and simmer over medium heat until potatoes are just tender enough to pierce with a fork, 10 to 15 minutes. Whisk a small amount of the sauce together with the flour in a small bowl, and stir into the beef. Simmer until slightly thickened.

Fit one pie crust into the bottom and up the sides of a 9 inch pie plate. Spoon the hot beef mixture into the crust and top with the remaining pie crust. Cut slits in the top crust to vent steam and crimp the edges to seal them together.

Bake in preheated oven until the crust is golden brown and gravy is bubbling, 35 to 40 minutes.

Sirloin Steak Dianne

Ingredients

2 (8 ounce) beef sirloin steaks
1 tablespoon butter
1/4 cup brandy
1 onion, minced
1 clove garlic, minced
1/2 cup red wine
2 tablespoons steak sauce
1 dash Worcestershire sauce
salt and pepper to taste
1/2 (4 ounce) package button mushrooms, sliced
1/2 cup Dijon mustard, divided
1 cup heavy cream

Directions

Place the steaks between two sheets of plastic wrap; pound with a kitchen mallet to tenderize.

Melt the butter in a skillet over medium-high heat, and heat until it begins to smoke. Cook the steaks for 1 to 2 minutes on each side until they have browned. Pour brandy over steaks and carefully ignite. Once the flames burn off, remove steaks from the pan and set aside.

Cook the onion and garlic in the same skillet over medium heat until they soften. Stir in the red wine, steak sauce, Worcestershire sauce, salt, and pepper; mix well. Mix in the mushrooms, stir, and cook for about 5 minutes.

Meanwhile, coat one side of each of the steaks with 2 tablespoons of the Dijon mustard. Gently lay them on top of the sauce in the skillet, mustard-side down. Spread 2 tablespoons on top of the steaks. Cook 2 to 3 minutes per side. Remove the steaks from the sauce, and keep warm.

Stir the cream in to the mushroom sauce and bring to a gentle simmer. Reduce heat to medium-low, return the steaks to the sauce, and simmer for 1 minute more before serving.

Marinated Tuna Steak

Ingredients

1/4 cup orange juice
1/4 cup soy sauce
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1/2 teaspoon chopped fresh oregano
1/2 teaspoon ground black pepper
4 (4 ounce) tuna steaks

Directions

In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper. Place the tuna steaks in the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.

Preheat grill for high heat.

Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

Philly Cheese Steak

Ingredients

1 pound fresh steak (rib-eye, round, or sirloin)*
1 large yellow onion, sliced thin
3 tablespoons Kikkoman Teriyaki Marinade & Sauce
4 soft sandwich rolls
1 (8 fl oz) jar cheese spread

Directions

Add oil to a large non-stick skillet. Saute onions and 2 tablespoons of teriyaki sauce until the onions are soft. Add the sliced meat and cook until meat browns slightly, add remaining 1 tablespoon of teriyaki sauce and stir to combine. Place cheese on the meat and stir until melted, mixing meat, onions and cheese together. Scoop meat mixture onto sandwich rolls.

Steaked-Out Pita Pizzas

Ingredients

1 pound beef shoulder center steaks (Ranch) or boneless top sirloin steak, cut 3/4 inch thick
2/3 cup reduced-fat non-creamy Caesar dressing, divided
4 whole wheat pita breads
3/4 cup shredded reduced-fat Italian cheese blend, divided
6 cups loosely packed sliced romaine lettuce
1 cup diced seeded tomatoes
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Heat oven to 350 degrees F. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine beef and 1/3 cup dressing in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes.

Place pita breads slightly overlapping on metal baking sheet. Sprinkle 2 tablespoons cheese on each pita. Bake in 350 degrees F oven 10 to 12 minutes or until pitas are toasted and cheese is melted.

Meanwhile, remove beef from marinade, draining well; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.

Toss lettuce, tomatoes and remaining 1/2 cup cheese in large bowl. Add beef and remaining 1/3 cup dressing; toss to coat evenly. Season with salt and pepper. Divide beef mixture evenly over pitas. Serve immediately.

Gingered Pepper Steak

Ingredients

2 teaspoons sugar
2 teaspoons cornstarch
1/4 teaspoon ground ginger
1/4 cup reduced-sodium soy sauce
1 tablespoon white wine vinegar
1 pound beef flank steak, thinly sliced
2 medium green peppers, julienned
1 teaspoon vegetable oil
Hot cooked rice

Directions

In a large bowl, combine the sugar, cornstarch, ginger, soy sauce and vinegar until smooth. Add beef and toss to coat; set aside.

In a large skillet or wok, stir-fry green peppers in oil until crisp-tender, about 3 minutes. Remove with a slotted spoon and keep warm. Add beef with marinade to pan; stir-fry for 3 minutes or until meat reaches desired doneness. Return peppers to pan; heat through. Serve over rice if desired.

Peppercorn-Seasoned Steaks with Mustard-Wine

Ingredients

4 beef tenderloin steaks, 1 inch thick
2 teaspoons crushed seasoned pepper or ground black pepper
vegetable cooking spray
3 tablespoons chopped shallots
1 cup Swanson® Beef Broth (regular, Lower Sodium or Certified Organic)
1/2 cup Burgundy wine or other dry red wine
2 tablespoons Dijon-style mustard
1 tablespoon butter
Chopped fresh parsley (optional)

Directions

Season steaks with pepper. Spray nonstick skillet with cooking spray and heat over medium heat 1 minute. Add steaks and cook until desired doneness, turning once. Remove and keep warm.

Add shallots and cook and stir until tender. Stir in broth, wine and mustard. Heat to a boil. Cook over medium heat 10 minutes or until sauce is reduced to about 1 cup. Stir in butter. Serve sauce with steaks. Garnish with parsley.

Super Swiss Steak

Ingredients

1/4 cup all-purpose flour
1 teaspoon salt, divided
1/2 teaspoon pepper
2 1/2 pounds boneless beef round steak (about 1-inch thick), cut into serving-size pieces
2 tablespoons vegetable oil
1 (14.5 ounce) can stewed tomatoes
1 (10.75 ounce) can condensed tomato soup, undiluted
1 large onion, sliced
1/4 teaspoon dried marjoram
1/4 teaspoon dried thyme
1/4 teaspoon paprika
1/8 teaspoon ground cloves
1 bay leaf

Directions

In a large resealable plastic bag, combine the flour, 1/2 teaspoon salt and pepper. Add beef, a few pieces at a time, and shake to coat. Remove steak from bag; flatten to 3/4-in. thickness.

In a large skillet, brown steak on both sides in oil over medium-high heat. In a bowl, combine tomatoes, tomato soup, onion, marjoram, thyme, paprika, cloves if desired, bay leaf and remaining salt; pour over beef.

Bring to a boil. Reduce heat; cover and simmer for 1-1/4 to 1-3/4 hours or until meat is tender. Discard bay leaf.

Grilled Steak Sandwiches with Steak Sauce

Ingredients

1/4 cup Hellmann's® or Best Foods® Real Mayonnaise
2 tablespoons ketchup
2 tablespoons whole grain Dijon mustard
2 tablespoons molasses
2 tablespoons horseradish, drained
1 1/2 pounds skirt steak
2 tablespoons canola oil
4 hoagies or rolls, split
3 cups shredded romaine lettuce leaves

Directions

Combine Hellmann's® or Best Foods® Real Mayonnaise, ketchup, mustard, molasses and horseradish in small bowl. Season, if desired, with salt and black pepper. Cover and refrigerate at least 30 minutes.

Heat grill pan or grill on high heat. Brush steak with oil on both sides and season, if desired, with salt and black pepper. Grill, turning once, 8 minutes or until desired doneness. Let stand 5 minutes, then thinly slice.

Spread mayonnaise mixture on rolls. Arrange steak on rolls, then top with lettuce.

Steak with Marsala Sauce

Ingredients

1 (1 pound) (1 inch thick) boneless sirloin steak
cooking spray
1 cup sliced mushrooms
1/2 cup sliced onion
1/3 cup dry Marsala
1/4 cup water
2 tablespoons chopped fresh parsley
1 1/2 teaspoons beef base
1 pinch ground black pepper

Directions

Preheat the oven's broiler, and set the oven rack about 3 inches from the heat source.

Trim fat from steak. Place steak on cold broiler pan; broil for 5 minutes. Turn, and broil until desired degree of doneness - 3 to 7 additional minutes for rare, 8 to 10 additional minutes for medium.

Make the sauce while the steak is cooking. Coat a small saucepan with cooking spray, and add mushrooms and onion; cook and stir until tender. Stir in Marsala wine, water, parsley, beef base, and pepper. Simmer, uncovered, until liquid is reduced to 3/4 cup, about 4 minutes.

Slice steak, and serve with Marsala sauce.

Steak and Kidney Pie I

Ingredients

1 pound beef tenderloin
1 pound beef kidney
1 cup all-purpose flour for rolling
4 cups water to cover
1 tablespoon all-purpose flour
1 to taste salt and pepper to taste
1 (17.5 ounce) package frozen
puff pastry, thawed

Directions

Cut meat into 1 inch cubes, and roll in seasoned flour. Place meat in a saucepan, and add enough water to cover. Cook until meat is tender, about 3 hours. Remove the meat, leaving the liquid in the pan.

Thicken gravy with 1 tablespoon flour, and season with salt and pepper to taste. Return meat to the pan. Spoon into a pie dish. Allow to cool.

Take a small portion of the pastry, and roll into 1 inch wide strips. Moisten the edges of the pie dish, and press pastry around the rim. Roll out the rest of the pastry to size of the dish. Moisten the strip pastry, and cover with pastry.

Bake at 450 degrees F (230 degrees C) for 15 to 20 minutes, or until nicely browned.

Mushroom Pepper Steak

Ingredients

6 tablespoons reduced-sodium soy sauce, divided
1/8 teaspoon pepper
1 pound boneless beef sirloin steak, cut into thin strips
1 tablespoon cornstarch
1/2 cup reduced-sodium beef broth
1 garlic clove, minced
1/2 teaspoon minced gingerroot
3 teaspoons canola oil, divided
1 cup julienned sweet red pepper
1 cup julienned green pepper
2 cups sliced fresh mushrooms
2 medium tomatoes, cut into wedges
6 green onions, cut into 1/2-inch pieces
Hot cooked rice

Directions

In a large resealable plastic bag, combine 3 tablespoons soy sauce and pepper; add beef. Seal bag and turn to coat; refrigerate for 30 -60 minutes. In a small bowl, combine the cornstarch, broth and remaining soy sauce until smooth; set aside.

Drain and discard marinade from beef. In a large nonstick skillet or wok, stir-fry the garlic and ginger in 2 teaspoons oil for 1 minute. Add the beef; stir-fry for 4-6 minutes or until no longer pink. Remove beef and keep warm.

Stir-fry the peppers in remaining oil for 1 minute. Add mushrooms; stir-fry 2 minutes longer or until peppers are crisp-tender. Stir broth mixture and add to vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Return beef to pan; add tomatoes and onions. Cook for 2 minutes or until heated through. Serve over rice if desired.

Steak Chili

Ingredients

2 tablespoons olive oil
2 pounds steak - cut into 1 inch cubes
2 onions, chopped
3 cloves garlic, minced
1 green chile pepper
2 tablespoons chili powder
1 tablespoon ground cumin
1 1/2 teaspoons ground cayenne pepper
2 (29 ounce) cans diced tomatoes
1 (15 ounce) can kidney beans, drained

Directions

In a large pot over medium high heat, combine the oil and steak and saute for about 5 minutes, or until steak is browned. Add the onions, garlic and chile pepper and saute for another 5 minutes, or until the onions are translucent.

Add the chili powder, cumin, cayenne pepper, tomatoes and kidney beans. Reduce heat to low, cover and simmer for about one hour. Remove cover and simmer for another 30 minutes, or until you've reached your desired thickness.

Whiskey-Marinated Steak

Ingredients

2/3 cup water
1/2 cup whiskey
1/2 cup pineapple juice
1/2 cup brown sugar
1/2 cup diced onion
1/3 cup teriyaki sauce
1/3 cup soy sauce
1/4 cup liquid smoke
1 teaspoon minced garlic
4 (8 ounce) rib-eye steaks

Directions

Whisk together the water, whiskey, pineapple juice, brown sugar, diced onion, teriyaki sauce, soy sauce, liquid smoke, and minced garlic in a bowl.

Lie the steaks in the bottom of a baking dish. Pour the marinade over the steaks; refrigerate overnight.

Preheat an outdoor grill for high heat, and lightly oil grate.

Grill steaks to desired doneness, 3 to 5 minutes per side for medium-rare. Allow steaks to rest for 5 to 10 minutes before serving.

Bourbon Street Rib-Eye Steak

Ingredients

1 cup water
2/3 cup bourbon whiskey
1/2 cup soy sauce
1/4 cup packed brown sugar
3 tablespoons Worcestershire sauce
2 tablespoons lemon juice
4 (6 ounce) beef rib-eye steaks

Directions

Whisk together the water, bourbon whiskey, soy sauce, brown sugar, Worcestershire sauce, and lemon juice in a bowl, and pour into a plastic zipper bag. Add the rib-eye steaks, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours or overnight.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Remove the rib-eye steaks from the marinade, and shake off excess. Discard the remaining marinade. Grill the steaks on high, 1 to 2 minutes per side, to sear the meat. Move the steaks to a cooler part of the grill and cook for an additional 2 to 3 minutes per side, if desired.

Easiest Delicious Red Wine Steak Sauce

Ingredients

1 (.75 ounce) packet dry brown
gravy mix
1/2 cup red wine
1/2 cup cold water
1 pinch garlic powder (optional)

Directions

In a small saucepan, mix together the brown gravy mix, red wine and cold water. Season with garlic powder if using. Bring to a boil over medium heat. Stir until thickened, about 1 minute.

Marinated Ham Steaks

Ingredients

2 Cook'sB® brand Bone-in Ham Steaks

Fresh rosemary sprigs to garnish

MARINADE:

2 teaspoons soy sauce

1 tablespoon sherry vinegar

2 tablespoons peanut oil

1 tablespoon honey

1 tablespoon chopped fresh rosemary

6 whole cloves

1 (1 inch) piece cinnamon stick

1/2 teaspoon black pepper

1 (8 ounce) cooking apple, peeled and grated

Directions

Prepare marinade: combine all ingredients except ham & rosemary in bowl, mix well. Pour marinade over ham steaks in dish, turning to coat evenly. Cover and refrigerate 1 hour.

Prepare charcoal or gas grill. Place ham steaks on grill over medium heat.

Grill ham steaks 3 to 5 minutes per side, turning once and brushing with extra marinade. Garnish with rosemary sprigs.

Irish Whiskey Flat Iron Steak

Ingredients

2/3 cup extra-virgin olive oil
3 tablespoons Irish whiskey
3 tablespoons soy sauce
1 tablespoon minced green onion
1 tablespoon minced garlic
1 tablespoon ground black pepper
1 tablespoon chopped fresh parsley
1/2 teaspoon dried thyme
1/8 teaspoon crushed dried rosemary
4 (8 ounce) flat iron steaks

Directions

Combine the olive oil, whiskey, soy sauce, green onion, garlic, pepper, parsley, thyme, and rosemary in a large, sealable plastic bag; seal and shake to mix. Add the steaks to the marinade. Seal the bag, squeezing out as much air as possible. Refrigerate at least 1 hour. Remove steaks from marinade; discard the marinade. Allow the steaks to come to room temperature before cooking.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Cook the steaks until they are beginning to firm and are hot and slightly pink in the center, 6 to 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Cover the meat with two layers of aluminum foil and allow to rest in a warm area for 10 minutes before serving.

Steak Tip Marinade

Ingredients

1/2 cup Worcestershire sauce
1 cup Italian-style salad dressing
2 teaspoons garlic pepper seasoning
1 cup barbeque sauce
2 pounds beef sirloin tip steaks

Directions

In a medium bowl, mix the Worcestershire sauce, Italian-style salad dressing, garlic pepper seasoning, and barbeque sauce. Place the meat in the marinade, and turn to coat. Cover, and refrigerate for at least 1 hour.

Preheat grill for high heat.

Brush grill lightly with oil to prevent sticking. Place steaks on the grill, and discard marinade. Grill steaks 10 minutes on each side, or to desired doneness.

Grilled Mexican Steak

Ingredients

1/2 cup cumin seeds
5 jalapeno peppers, seeds and ribs removed, chopped
3 cloves garlic
1 tablespoon cracked black pepper
1/3 cup fresh lime juice
1 1/2 teaspoons salt
1 1/2 cups olive oil
2 bunches cilantro (leaves and stems)
1 (3 pound) skirt or flank steak

Directions

Toast the cumin seeds in a medium saute pan over medium-low heat for 5 minutes, or until fragrant.

In a blender, combine the cumin seeds, jalapenos, garlic, pepper, lime juice, and salt. Pulse the blender to finely chop ingredients. Add the oil and cilantro and puree until smooth.

Lightly score both sides of the meat with a knife so that the marinade will penetrate. Place the meat in a large plastic bag or bowl, pour in the marinade, and coat well. Marinate in the refrigerator for 24 to 48 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Remove the meat from the marinade and discard the remaining marinade. Cook on high, 1 to 2 minutes per side, to sear the meat. Turn the heat down to low and cook for an additional 3 to 4 minutes per side, or until the it has reached the desired doneness.

Creamy Dill Salmon Steaks

Ingredients

1/2 cup chopped green onions
1 tablespoon butter or margarine
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1/2 cup half-and-half cream
2 tablespoons white wine or
chicken broth
2 tablespoons chopped fresh dill
4 salmon steaks (1 inch thick)

Directions

In a large skillet, saute the onions in butter. Add the soup, cream, wine or broth and dill. Place salmon steaks on top. Cover and simmer for 15 minutes or until fish flakes easily with a fork.

Xavier Steak

Ingredients

2 (10 ounce) New York strip steaks, at least 1-inch thick
salt and pepper to taste
2 tablespoons Worcestershire sauce
6 asparagus spears, ends trimmed
2 tablespoons olive oil
8 slices Swiss cheese

Directions

Season the steaks with salt and pepper to taste. Place into a glass dish, and drizzle with Worcestershire sauce. Turn the steaks, cover, and refrigerate 15 minutes. Turn the steaks again, and marinate 15 minutes longer.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Place the steaks on the preheated grill, close lid, and cook for 7 minutes. Toss the asparagus spears with a little olive oil, and season with salt and pepper to taste. Place the asparagus onto the grill, turn steaks over, and close lid. Cook until the steaks are beginning to firm and are slightly pink in the center, and the asparagus is tender, about 7 additional minutes. Turn the asparagus halfway through. Top each steak with 3 asparagus spears and swiss cheese. Continue cooking until the cheese has melted. Remove from the grill, and let stand 5 minutes before serving.

Squirrel's Great Beef Steak

Ingredients

1/4 cup soy sauce
1/4 cup Italian-style salad dressing
1/4 cup barbeque sauce
4 tablespoons vegetable oil
1 clove garlic, peeled and minced
steak seasoning to taste
seasoning salt to taste
salt to taste
ground black pepper to taste
10 ounces beef sirloin steak

Directions

In a medium bowl, mix soy sauce, Italian-style salad dressing, barbeque sauce, vegetable oil, garlic, steak seasoning, seasoning salt, salt and ground black pepper. Place steak in the mixture. Cover and marinate in the refrigerator 12 hours, or overnight. Turn the steak once during marination.

Preheat an outdoor grill for medium to high heat and lightly oil grate.

Cook steak on the prepared grill 5 to 7 minutes per side, or to desired doneness.

Flat Iron Steaks Marinated in Red Wine

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon chopped fresh parsley
1 teaspoon chopped fresh thyme
1/3 cup dry red wine
1/2 teaspoon dry mustard powder
salt and pepper to taste
4 (8 ounce) flat iron steaks
2 cloves garlic, minced
1/2 teaspoon dry mustard powder
1/2 teaspoon olive oil

Directions

Whisk together 2 tablespoons of olive oil, 3 cloves minced garlic, parsley, thyme, red wine, 1/2 teaspoon mustard powder, salt, and pepper until combined. Pour into a resealable plastic bag over the flat iron steaks. Squeeze out excess air, seal, and marinate for 1 hour at room temperature, or 4 hours in the refrigerator.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Stir together 2 cloves minced garlic, 1/2 teaspoon mustard powder, and 1/2 teaspoon olive oil in a small bowl and set aside.

Remove steaks from the marinade, shake off excess, and discard remaining marinade. Cook on preheated grill to desired degree of doneness, about 4 minutes per side for medium-rare. Brush with reserved garlic mixture before serving.

Slow-Cooked Swiss Steak

Ingredients

1 tablespoon all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
3/4 pound boneless top round
steak, cut in half
1/2 medium onion, cut into 1/4
inch slices
1/3 cup chopped celery
1 (8 ounce) can tomato sauce

Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add beef; seal bag and shake to coat.

Place onion in a 3-qt. slow cooker coated with nonstick cooking spray. Layer with the beef, celery and tomato sauce. Cover and cook on low for 8 hours or until meat is tender.

Steak Soup

Ingredients

2 tablespoons butter
2 tablespoons vegetable oil
1 1/2 pounds lean boneless beef
round steak, cut into cubes
1/2 cup chopped onion
3 tablespoons all-purpose flour
1 tablespoon paprika
1 teaspoon salt
1/4 teaspoon ground black
pepper
4 cups beef broth
2 cups water
4 sprigs fresh parsley, chopped
2 tablespoons chopped celery
leaves
1 bay leaf
1/2 teaspoon dried marjoram
1 1/2 cups peeled, diced Yukon
Gold potatoes
1 1/2 cups sliced carrots
1 1/2 cups chopped celery
1 (6 ounce) can tomato paste
1 (15.25 ounce) can whole kernel
corn, drained

Directions

Melt butter and oil in a large skillet over medium heat until the foam disappears from the butter, and stir in the steak cubes and onion. Cook and stir until the meat and onion are browned, about 10 minutes. While beef is cooking, mix together flour, paprika, salt, and pepper in a bowl. Sprinkle the flour mixture over the browned meat, and stir to coat.

In a large soup pot, pour in the beef broth and water, and stir in the parsley, celery leaves, bay leaf, and marjoram. Stir in beef mixture, and bring to a boil. Reduce heat to medium-low, cover the pot, and simmer, stirring occasionally, until meat is tender, about 45 minutes.

Mix in the potatoes, carrots, celery, tomato paste, and corn; bring the soup back to a simmer, and cook uncovered, stirring occasionally, until the vegetables are tender and the soup is thick, 15 to 20 minutes. Remove bay leaf and serve hot.

Steak and Potato Salad

Ingredients

2 pounds boneless sirloin steak(1 inch thick)
1/2 cup cider or red wine vinegar
1/4 cup olive or vegetable oil
1/4 cup soy sauce
6 cups cubed cooked potatoes
1 cup diced green pepper
1/3 cup chopped green onions
1/4 cup minced fresh parsley
1/2 cup Caesar salad dressing
Lettuce Leaves

Directions

Place steak in a large resealable plastic bag or shallow glass container. Combine vinegar, oil and soy sauce; pour over the steak. Cover and refrigerate for 1 hour or overnight. drain, discarding marinade. Grill or broil steak for 8-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Slice into thin strips across the grain and place in a bowl. Add potatoes, green pepper, onions, parsley and dressing; toss to coat. Serve on lettuce if desired.

Pepper Steak Stir-Fry

Ingredients

1 tablespoon cornstarch
1/2 cup water
1/2 cup picante sauce
2 tablespoons reduced-sodium soy sauce
2 teaspoons minced fresh gingerroot
1 pound boneless beef sirloin steak, cut into 1 inch strips
3 teaspoons canola oil, divided
1 medium green pepper, julienned
1 cup sliced fresh mushrooms
6 green onions, cut into 1/4-inch pieces
1 garlic clove, minced
Hot cooked rice

Directions

In a bowl, combine the cornstarch and water until smooth. Stir in the picante sauce, soy sauce and ginger; set aside.

In a large nonstick skillet or wok, stir-fry meat in 2 teaspoons oil for 1-2 minutes. Remove meat with a slotted spoon and keep warm. Add the pepper, mushrooms, onions, garlic and remaining oil to the skillet.

Stir-fry for 3 minutes. Stir picante sauce mixture and add to skillet with meat. Bring to a boil; cook and stir for 1-2 minutes or until thickened and vegetables are crisp-tender. Serve with rice if desired.

Pickle Steak

Ingredients

12 dill pickle spears
1 large onion, sliced and halved
3 (1/4 inch thick) round steaks, cut into 4 pieces and pounded thin
toothpicks
1/4 cup vegetable oil
1/2 cup all-purpose flour
2 eggs, beaten
3 (10.75 ounce) cans condensed cream of mushroom soup, undiluted

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Place one pickle spear and an equal amount of halved onion slices on one side of each piece of steak. Roll, and secure with toothpicks.

Heat the oil in skillet over medium heat. Place the flour and eggs in two separate bowls. Dip rolled steak first in the eggs, then in the flour to coat. Fry coated steaks in the skillet until browned on all sides. Transfer to the baking dish. Pour cream of mushroom soup into the skillet, and scrape up browned bits. Pour evenly over the steaks in the baking dish.

Bake 45 minutes in the preheated oven, to a minimum temperature of 160 degrees F (72 degrees F).

Beer Cheese Philly Steak Casserole

Ingredients

1 tablespoon olive oil
2 green bell peppers, sliced
1 large onion, sliced thin
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
1 tablespoon olive oil
2 pounds rib-eye steak, sliced thin
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
3/4 loaf Italian bread, cut into 1 inch cubes
5 tablespoons butter
1/4 cup flour
1 (12 fluid ounce) can or bottle beer
2 teaspoons hot pepper sauce
1 1/2 teaspoons ground black pepper
1 teaspoon garlic powder
1 teaspoon dried parsley
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon Worcestershire sauce
1/2 teaspoon soy sauce
1 1/2 cups milk
1 cup shredded Monterey Jack cheese
1 cup shredded American cheese
8 ounces provolone cheese, sliced

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat 1 tablespoon olive oil in a skillet over medium-low heat; add the bell pepper and onion to the skillet; season with 1/2 teaspoon salt, 1/2 teaspoon garlic powder, and 1/4 teaspoon pepper and cook until soft, about 20 minutes; set aside.

Pour 1 tablespoon olive oil into the skillet and raise the heat to medium; add the sliced steak to the hot oil until; season with 1/2 teaspoon salt, 1/2 teaspoon garlic powder, and 1/4 teaspoon pepper and cook until no longer pink, about 5 minutes. Remove from heat immediately.

Arrange the bread cubes in the bottom of a 9x13 dish. Layer the steak on the bread and then layer the pepper and onion mixture atop the steak; set aside.

Melt the butter in a saucepan. Whisk in the flour to make a paste. Pour in the beer, whisking continually until there are no lumps. Stir in the 1 1/2 teaspoons black pepper, 1 teaspoon garlic powder, parsley, onion powder, 1/2 teaspoon salt, paprika, Worcestershire sauce, soy sauce, 1 1/2 teaspoons black pepper, parsley, 1 teaspoon garlic powder, onion powder, 1/2 teaspoon salt, paprika, Worcestershire sauce, and soy sauce; stir. As the mixture thickens, pour in the milk. Add the Monterey Jack cheese and American cheese; stir until the cheese is melted. Pour the mixture over the assembled ingredients in the 9x13 pan. Top with provolone cheese slices.

Bake in preheated oven until the provolone cheese melts, about 20 minutes.

Apricot Round Steak

Ingredients

1 3/4 pounds boneless top round
steak (3/4 inch thick)
3/4 cup apricot preserves
1 tablespoon lemon juice
1/2 teaspoon salt
1/8 teaspoon hot pepper sauce

Directions

Place steak on broiler pan rack; broil for 6-8 minutes on each side. Meanwhile, in a saucepan or microwave-safe bowl, combine remaining ingredients. Cook until preserves are melted. set aside 1/2 cup; brush remaining sauce over steak. Broil 2-3 minutes longer or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Slice meat on the diagonal; serve with reserved apricot sauce.

Steak and Lima Rice

Ingredients

2 tablespoons vegetable oil,
divided
1 (10 ounce) package frozen baby
lima beans, thawed
2 (15 ounce) cans tomato sauce
1 cup boiling water
1/3 cup white sugar
2 pounds beef top round steaks,
3/4 inch thick
1/4 cup all-purpose flour
salt and pepper to taste
2 cups uncooked long grain rice
4 cups water

Directions

Heat 1 tablespoon of oil in a large saucepan over medium heat. Add the lima beans, and cook until wrinkled, about 10 minutes. Pour tomato sauce over the beans and stir in 2 cups of water and sugar. Cover and simmer over low heat for 45 minutes.

Heat the remaining tablespoon of oil in a large skillet over medium-high heat. Brown steaks on each side, then pour in just enough water to cover. Place a lid on the pan and simmer for 35 to 40 minutes over medium-low heat. Spoon some of the liquid into a cup or small bowl and mix with flour until smooth. Return to the pan and simmer until gravy has thickened. Season with salt and pepper to taste.

Combine the rice and 4 cups water in a saucepan. Bring to a boil, then reduce heat to low. Cover and cook for 20 minutes, or until rice is tender.

To serve, spoon rice onto plates. Top with steak and gravy then top with lima bean sauce.

Great Garlic Beer Steaks

Ingredients

1 (12 fluid ounce) can or bottle
beer
3 cloves garlic, minced
1 teaspoon black pepper
1 cup oyster sauce
1 lemon, juiced
4 beef steaks
steak seasoning to taste

Directions

In a shallow glass dish, combine the beer, garlic, pepper, oyster sauce and lemon juice. Mix well. Rub steaks on both sides with steak seasoning, and place in the marinade. Be sure to coat the steaks well. Cover and refrigerate for at least 2 hours.

Preheat grill for high heat, and lightly oil grate.

Remove steaks from marinade, and discard marinade. Grill steaks for about 5 minutes on each side, or to desired doneness.

Kings Flat Iron Steak Sandwich

Ingredients

4 sandwich rolls, partially split
4 teaspoons softened butter
2 teaspoons garlic powder
2 tablespoons vegetable oil
4 (4 ounce) thinly-cut flat iron steaks
1/2 cup fresh spinach leaves
1 tomato, sliced
1 avocado, sliced
8 thick slices fresh mozzarella cheese
2 teaspoons balsamic vinegar, for drizzling

Directions

Preheat an oven broiler on high heat.

Open the sandwich rolls and spread each with about 1 teaspoon of softened butter. Sprinkle each buttered sandwich roll with about 1/2 teaspoon garlic powder.

Broil the sandwich rolls about 5 minutes, until the edges are slightly charred. Set aside.

Heat a large, heavy skillet over high heat, and add the vegetable oil. When oil just begins to smoke, drop in the flat iron steaks and quickly sear until steaks are browned, about 3 minutes. Flip the steaks and sear the other side for another 3 minutes; remove steaks immediately, or lower the burner temperature and cook to the desired degree of doneness. Set steaks aside and keep warm.

Assemble each sandwich roll with spinach leaves, tomato and avocado slices on one side, and 2 slices of mozzarella cheese on the other side. Sprinkle the tomato and avocado side with about 1/2 teaspoon of balsamic vinegar, and place a hot browned steak on the mozzarella cheese. Fold each sandwich closed to serve.

T-Bone Steak with Parmesan-Dusted Mushrooms

Ingredients

1 beef T-bone or Porterhouse steak, cut 1 inch thick
1 tablespoon butter
2 tablespoons dry bread crumbs
1 tablespoon grated Parmesan cheese
2 1/4 teaspoons steak seasoning blend
8 ounces button mushrooms, cut into quarters
1/4 cup finely chopped green onions

Directions

Melt 1 teaspoon butter in large nonstick skillet over medium heat; stir in bread crumbs and cheese. Cook and stir 3 to 6 minutes or until lightly toasted. Remove from pan. Set aside.

Press 2 teaspoons steak seasoning evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning once.

Meanwhile, melt remaining 2 teaspoons butter in same skillet over medium heat. Add mushrooms, green onions and remaining 1/4 teaspoon steak seasoning; cook and stir 4 to 6 minutes or until mushrooms are just tender and lightly browned; keep warm.

Remove bone from steak; carve crosswise into slices. Serve with mushrooms. Sprinkle crumb mixture over mushrooms and steak.

Steaks with Crab Sauce

Ingredients

1 teaspoon dried rosemary,
crushed
1/2 teaspoon salt
1/2 teaspoon pepper
4 (8 ounce) beef strip steaks
1 tablespoon vegetable oil
SAUCE:
2 teaspoons cornstarch
1/4 cup white wine or chicken
broth
3/4 cup heavy whipping cream
1 tablespoon Dijon mustard
1/2 teaspoon prepared
horseradish
1/8 teaspoon salt
1/8 teaspoon pepper
1 (8 ounce) package imitation
crabmeat, chopped

Directions

Combine the rosemary, salt and pepper; rub over steaks. In a large skillet over medium-high heat, cook steaks in oil for 5-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F)

Meanwhile, in a small saucepan, combine the cornstarch and wine or broth until smooth. Stir in the cream, mustard, horseradish, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in crab; heat through. Serve over steaks.

No Fun Steaks

Ingredients

1/2 cup soy sauce
1 tablespoon hot sauce
1/2 cup orange juice
6 cloves garlic, chopped
3 tablespoons grated orange zest
6 (6 ounce) venison steaks

Directions

Stir together the soy sauce, hot sauce, orange juice, garlic, and orange zest. Marinate the venison steaks 2 hours to overnight.

Preheat a grill for medium-high heat.

Remove steaks, and discard marinade. Grill to desired doneness, about 7 minutes total for medium, depending on thickness.

My Mom's Swiss Steak

Ingredients

2 tablespoons vegetable oil
2 (1/2 pound) beef sirloin tip steaks
salt and pepper to taste
1 cup (1 small) chopped onion
1 (16 ounce) can diced tomatoes
2 cups sliced fresh mushrooms (optional)
1 stalk celery, chopped (optional)
1/2 cup chopped green bell pepper (optional)
1 1/2 teaspoons dried oregano
1 bay leaf
1 cup water (optional)
2 tablespoons cornstarch (optional)

Directions

Heat oil in a large Dutch oven over medium-high heat. Place steaks into the pot one at a time, quickly browning on each side. Remove steaks, and set aside. Add the onion to the pot, and cook over medium-low heat until wilted, about 3 minutes. Return the steaks to the pot, and add the tomatoes, mushrooms, celery and green pepper. Season with oregano and add the bay leaf.

Cover the pot, and cook over medium-low heat for about 1 1/2 hours, or until meat is fork tender. If you wish to thicken the gravy, remove the meat to a plate. Stir together the cornstarch and water; stir into the pan juices. Let simmer for about 2 minutes to thicken. Return the beef to the pot.

Philly Cheese Steak Pizza

Ingredients

1 (8 ounce) package refrigerated crescent rolls
1 medium green pepper, chopped
1 medium onion, chopped
1/4 teaspoon beef bouillon granules
2 tablespoons olive oil
1/2 pound thinly sliced deli roast beef
1 tablespoon Italian salad dressing
1 1/2 cups shredded mozzarella cheese

Directions

Unroll crescent roll dough and place in an ungreased 13-in. x 9-in. x 2-in. baking pan. Press onto the bottom and 1/2 in. up the sides to form a crust; seal perforations. Bake at 375 degrees F for 7-10 minutes or until lightly browned.

Meanwhile, in a large skillet, saute the green pepper, onion and bouillon in oil until vegetables are tender; set aside. Arrange beef over crust. Brush with salad dressing and sprinkle with mozzarella cheese. Bake 4-5 minutes longer or until cheese is melted. Top with green pepper mixture. Cut into squares.

Joel's Guinness Steak

Ingredients

2 cups red wine
1 (12 fluid ounce) can or bottle
Irish stout beer
3 fluid ounces Worcestershire
sauce
1/4 cup steak sauce
4 (1/2 pound) beef steaks

Directions

In a glass bowl or baking dish, mix together the red wine, beer, Worcestershire sauce and steak sauce. Place steaks into the marinade, cover and refrigerate for at least 24 hours to allow the alcohol to get the meat good and soft.

Preheat your oven's broiler.

Place steaks on a rack over a broiling pan. Arrange the shelf so that the steaks are about 5 inches away from the heat source. Broil for 5 to 7 minutes on each side, or to desired doneness.

Pour the marinade into a saucepan, and bring to a boil over medium heat. Boil for about 15 minutes. Repeatedly strain the mixture to remove the proteins (foamy substance). Not doing this will make it taste bad. Once the marinade has been cooked down to remove all of the meat proteins and alcohol, use as a sauce.

California-Thai Flank Steak

Ingredients

1/3 cup soy sauce
1/4 cup rice vinegar
1/4 cup rice wine
1/4 cup fresh lime juice
2 tablespoons dark sesame oil
1/2 small red onion, chopped
1/4 cup chopped fresh basil
1/4 cup chopped fresh mint
3 tablespoons sliced lemon grass
3 tablespoons crushed peanuts
3 tablespoons chile paste
1 tablespoon ground coriander
1/2 teaspoon garlic salt
2 pounds flank steak

Directions

In a large bowl, combine soy sauce, rice vinegar, rice wine, lime juice and sesame oil. Stir in onion, basil, mint, lemon grass and crushed peanuts. Season with chile paste, coriander and garlic salt.

Layer flank steak with marinade. Refrigerate 6 hours or overnight.

Preheat an outdoor grill for medium high heat, and lightly oil grate.

Spray a large sheet of aluminum foil with non-stick cooking spray. Drain liquid from marinade. Layer meat on foil with the remaining non-liquid marinade ingredients. Fold edges of foil to seal, then grill for 20 minutes.

Asian Flank Steak Stir-Fry

Ingredients

4 ounces uncooked Asian rice noodles
2 teaspoons cornstarch
3 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 tablespoons hoisin sauce
1 teaspoon minced gingerroot
1 teaspoon minced garlic
1/4 teaspoon salt
1/4 teaspoon pepper
1 (14 ounce) package frozen stir fry vegetable blend
1 1/2 cups shredded carrots
2 teaspoons sesame oil, divided
1 1/2 pounds beef flank steak, cut into thin strips
2 teaspoons sesame seeds, toasted

Directions

In a large bowl, soak noodles in boiling water for 10 minutes. Meanwhile, in a small bowl, combine the cornstarch, soy sauce, vinegar, hoisin sauce, ginger, garlic, salt and pepper until blended; set aside.

In a large skillet or wok, stir-fry the vegetable blend and carrots in 1 teaspoon oil for 2-3 minutes or until crisp-tender. Remove and keep warm. In the same pan, stir-fry beef in remaining oil for 3-4 minutes or until no longer pink.

Stir soy sauce mixture and add to pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Drain noodles. Stir noodles and vegetables into beef mixture; heat through. Sprinkle with sesame seeds.

Steak Mix-Up

Ingredients

2 tablespoons vegetable oil
1 1/2 pounds top sirloin - cut into
2 inch strips
salt to taste
ground black pepper to taste
garlic powder to taste
1 teaspoon onion powder
1 onion, chopped
1 green bell pepper, chopped
2 tomatoes, diced
1 (10.75 ounce) can condensed
cream of mushroom soup
1 cup milk

Directions

Heat the vegetable oil in a large skillet over medium heat. Add the sliced sirloin and salt, pepper, garlic powder and onion powder to taste. Stir and saute for 5 to 10 minutes, or until meat is well browned.

Then add the onion and saute for 5 more minutes. Then stir in the chile peppers OR bell peppers, tomatoes, soup and milk. Mix this all together well, reduce heat to low and simmer for 10 to 15 minutes, stirring often.

Tortellini, Steak, and Caesar

Ingredients

1 (9 ounce) package cheese tortellini
1 pound flank steak
garlic powder to taste
salt and pepper to taste
1 tablespoon olive oil
2 heads romaine lettuce, torn into bite-size pieces
2 (2.25 ounce) cans small pitted black olives, drained
1 cup Caesar-style croutons
2 small fresh tomatoes, chopped
1 (8 ounce) bottle Caesar salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 7 to 9 minutes, until al dente, and drain.

Preheat the oven broiler. Season steak with garlic powder, salt, and pepper; rub with olive oil. Place steak in a baking dish, and broil 5 minutes on each side, or to desired doneness. Slice diagonally into thin strips.

In a bowl, toss the cooked tortellini, lettuce, olives, croutons, tomatoes, and dressing. Top with steak strips to serve.

Italian-Style Round Steak

Ingredients

1/4 cup all-purpose flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 pounds boneless beef round steak, cut into serving-size pieces
2 tablespoons vegetable oil
1 cup water
1 garlic clove, minced
1 (15 ounce) can tomato sauce
1/2 pound fresh mushrooms, sliced
1 medium onion, sliced
1 small green pepper, julienned
2 teaspoons sugar
1/2 teaspoon dried oregano
1/8 teaspoon dried basil
1 (7 ounce) package spaghetti, cooked and drained
1/4 cup grated Parmesan cheese

Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add beef, a few pieces at a time, and shake to coat. In a Dutch oven, brown beef in batches in oil; drain. Add water and garlic. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours.

Stir in the tomato sauce, mushrooms, onion, green pepper, sugar, oregano and basil. Cover and simmer 30-45 minutes longer or until the meat and vegetables are tender. Serve over spaghetti. Sprinkle with Parmesan cheese.

Crispy Salmon Steaks

Ingredients

1/4 cup butter or margarine,
melted
1/2 teaspoon salt
1 pinch paprika
1/2 cup crushed saltines
1/2 cup crushed potato chips
2 salmon steaks (1 inch thick)

Directions

In a shallow bowl, combine the butter, salt and paprika. In another bowl, combine saltines and chips. Dip both sides of salmon steaks in butter mixture, then coat with crumbs. Broil 4-6 in. from the heat for 5-6 minutes on each side or until fish flakes easily with a fork.

Less-Butter Steak Diane

Ingredients

1/2 cup beef broth
1/2 cup dry red wine
1 1/2 cups sliced mushrooms
1/4 cup finely chopped shallot
3 cloves garlic, crushed
3 teaspoons fresh lemon juice
3 teaspoons Worcestershire sauce
1/4 teaspoon salt, or to taste
1 pinch ground black pepper, or to taste
2 teaspoons chopped fresh parsley
2 teaspoons all-purpose flour
1 tablespoon butter
1 pound trimmed beef tenderloin, slightly pounded

Directions

Pour the beef broth and wine into a large skillet, and stir in the mushrooms, shallot, garlic, lemon juice, and Worcestershire sauce. Simmer over medium heat, stirring frequently, until the mushrooms reduce in size, about 20 minutes. Season to taste with salt and pepper.

Skim off 2 tablespoons liquid from the mushroom mixture, and pour into a small bowl. Whisk in the flour and blend to make a smooth paste. Stir the flour mixture into the mushroom mixture. Cook and stir as sauce thickens. Repeat as desired, adding small amounts of more flour to make a thicker sauce. Stir in the parsley. Pour the sauce into a pan, and keep warm until needed.

Using the same skillet, melt the butter over medium heat. Place the tenderloin in the skillet, and cook over medium-high heat, turning once, until desired degree of doneness. Serve with mushroom sauce.

Steaks with Chipotle Sauce

Ingredients

1 (7 ounce) can chipotle peppers
in adobo sauce
1/2 cup sour cream
1 teaspoon dried cilantro flakes
4 (8 ounce) New York strip steaks

Directions

Chop one chipotle pepper; place in a bowl. Add 1 teaspoon of the adobo sauce. Stir in sour cream and cilantro; refrigerate. (Save remaining peppers and sauce for another use.)

Grill steaks, uncovered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Serve with sauce.

Steak Pie

Ingredients

- 1 tablespoon vegetable oil
- 1 pound cubed beef stew meat
- 1 large onion, chopped
- 1 (1 ounce) package dry mushroom gravy mix
- 1 cup water
- 1 teaspoon Worcestershire sauce
- 1 pinch salt and pepper to taste
- 1 sheet frozen puff pastry, thawed
- 1 egg
- 1 tablespoon water

Directions

Heat the oil in a large skillet over medium-high heat. Add beef stew meat, and cook until browned on the outside. Add the onion; cook and stir until tender, about 5 minutes. Stir in the mushroom gravy mix and 1 cup of water. Season with Worcestershire sauce, salt, and pepper. Turn heat to low, and simmer for 20 to 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C). Transfer the beef mixture to a casserole dish. Roll out the puff pastry to cover the top of the casserole dish. Press edges onto the rim of the dish to seal. Whisk together the egg and 1 tablespoon of water in a small cup using a fork. Brush over the top of the pastry.

Bake for 20 minutes in the preheated oven, until the pastry is puffed and golden brown.

Salisbury Steak

Ingredients

3 pounds lean ground beef
1 1/2 pounds lean ground pork
1 cup tomato - peeled, seeded
and diced
3 eggs, lightly beaten
1 onion, chopped
2 tablespoons chopped garlic
1 tablespoon salt
1 1/2 teaspoons black pepper

Directions

Preheat oven to 300 degrees F (150 degrees C). Lightly grease a large shallow baking dish.

In a large bowl, combine ground beef, ground pork, tomatoes, eggs, onion, garlic, salt and pepper. Mix well. Shape into 12 (4 inch) round patties. Place in baking dish.

Bake in preheated oven for 35 minutes, or until evenly brown, and juices run clear.

Steak and Spinach Salad

Ingredients

6 cups fresh spinach, rinsed and dried
1/2 cup dried cranberries
1/2 cup walnut halves
1 tomato, sliced
1 pound top round steak, thinly sliced
1 pinch salt
1 pinch ground black pepper

Directions

Arrange spinach on a large plate. Sprinkle with cranberries and walnuts, and arrange tomato slices on top. Set aside.

In a non-stick skillet (or a regular skillet coated with non-stick spray) cook steak over medium heat until no pink remains and steak is thoroughly cooked.

Arrange cooked steak over salad. Sprinkle salt and pepper on top, and drizzle with your favorite dressing. Note: I suggest using a light flavored dressing. Citrus dressings taste especially good on this salad!

Pepper Steak with Squash

Ingredients

1 pound flank steak, cut into strips
2 tablespoons vegetable oil,
divided
1 medium green pepper, julienned
1 medium sweet red pepper,
julienned
2 medium zucchini, julienned
1 small onion, cut into 1/4 inch
slices
3 garlic cloves, minced
1 cup fresh or frozen snow peas
1 cup sliced fresh mushrooms
1 (8 ounce) can sliced water
chestnuts, drained
3 tablespoons cornstarch
1 (14.5 ounce) can reduced-
sodium beef broth
2 tablespoons reduced-sodium
soy sauce
Hot cooked rice

Directions

In a large skillet, cook steak in 1 tablespoon oil over medium-high heat until no longer pink; drain. Remove and keep warm. In the same skillet, heat remaining oil; saute peppers for 2 minutes. Stir in zucchini, onion and garlic; cook and stir 2 minutes longer. Add peas, mushrooms and water chestnuts. Saute until the vegetables are tender, about 2 minutes. Return beef to the skillet. Combine cornstarch, broth and soy sauce until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Dad's Simple Steak Marinade

Ingredients

1/2 cup vegetable oil
1/4 cup soy sauce
1/4 cup red wine
1/4 cup Worcestershire sauce
4 cloves garlic, minced, or more to taste

Directions

Whisk together the vegetable oil, soy sauce, red wine, Worcestershire sauce, and garlic in a bowl, and pour into a resealable plastic bag.

To use the marinade, place the meat in the bag, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 8 hours to overnight. Discard the marinade after it has been used.

Flat Iron Steak with Three Pepper Rub

Ingredients

- 1 tablespoon smoked paprika
- 2 teaspoons salt
- 1 teaspoon brown sugar
- 2 teaspoons chili powder
- 1 teaspoon chipotle chile powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 2 pounds flat iron steaks

Directions

Stir together the paprika, salt, sugar, chili powder, chipotle powder, black pepper, garlic powder, onion powder, and cumin in a small bowl until blended. Rub the seasoning mix all over the flat iron steaks, then wrap them tightly with plastic wrap. Marinate in the refrigerator 2 to 8 hours (the longer the better).

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Cook the steaks on the preheated grill until cooked to your desired degree of doneness, about 4 minutes per side for medium. Allow the steaks to rest for 5 minutes in a warm location before slicing.

Beef Steaks With Blue Cheese

Ingredients

2 (6 ounce) beef tenderloin filets, 1 1/2 inches thick
2 ounces blue cheese, crumbled
2 tablespoons butter, softened
2 slices white bread, crusts removed and cubed
1 tablespoon olive oil
2 tablespoons grated Parmesan cheese

Directions

Place meat on broiler pan. Broil 4-6 in. from the heat for 5-8 minutes on each side or until meat is browned and cooked to desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Meanwhile, in a bowl, combine the blue cheese and butter; set aside. In a skillet, saute bread cubes in oil until golden brown. Sprinkle with Parmesan cheese. Top steaks with blue cheese mixture and sprinkle with croutons; broil 1 minute longer or until cheese is slightly melted.

Steak and Mushroom Florentine

Ingredients

1 pound boneless beef sirloin steak
2 tablespoons vegetable oil
1 small onion, sliced
4 cups baby spinach leaves, washed
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
1 cup water
1 large tomato, thickly sliced
Freshly ground black pepper

Directions

Slice beef into very thin strips.

Heat 1 tablespoon oil in medium nonstick skillet over medium-high heat. Add beef and cook until browned and juices evaporate, stirring often. Remove beef.

Heat remaining oil over medium heat. Add onion and cook until tender-crisp. Add spinach and cook just until spinach is wilted.

Add soup and water. Heat to a boil. Return beef to skillet and heat through. Serve beef mixture over tomato. Season to taste with black pepper.

Steak Marinade

Ingredients

1 cup barbecue sauce
1/4 cup steak sauce
4 tablespoons red wine vinegar
salad dressing
4 tablespoons soy sauce
5 tablespoons Worcestershire
sauce
1 tablespoon prepared mustard
1 clove garlic, minced
salt and pepper to taste

Directions

In a small, nonporous bowl, combine the barbecue sauce, steak sauce, red wine vinegar salad dressing, soy sauce, Worcestershire sauce, mustard, garlic and salt and pepper to taste.

Scrumptious Salisbury Steak in Mushroom Gravy

Ingredients

1 pound ground beef
1 egg
3 tablespoons crushed buttery
round cracker crumbs
2 tablespoons finely chopped
onion
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon poultry seasoning
2 (4 ounce) cans sliced
mushrooms with juice
3 tablespoons butter
3 tablespoons all-purpose flour
3 cups milk
3 cubes beef bouillon

Directions

In a medium bowl, mix together the ground beef, egg, cracker crumbs, onion, salt, pepper and poultry seasoning using your hands. Shape into 6 patties about 1 inch thick.

Fry the patties in a large skillet over medium-high heat for 3 to 4 minutes per side, or until browned. Drain off grease, and remove patties to a platter; keep warm.

Melt the butter in the same skillet, and add the mushrooms. Cook and stir for about 2 minutes. Sprinkle the flour over, and mix in until blended. Stir in the milk and beef bouillon. Cook and stir over medium heat until smooth and starting to thicken. Return the patties to the gravy and cook over low heat, uncovered, for 10 minutes, stirring occasionally.

Asian Barbequed Steak

Ingredients

1/4 cup chili sauce
1/4 cup fish sauce
1 1/2 tablespoons dark sesame oil
1 tablespoon grated fresh ginger root
3 cloves garlic, peeled and crushed
2 pounds flank steak

Directions

In a medium bowl, whisk together chili sauce, fish sauce, sesame oil, ginger, and garlic. Set aside a few tablespoons of the mixture for brushing the steaks during grilling. Score flank steak and place in a shallow dish. Pour remaining marinade over the steak, and turn to coat. Cover, and marinate in the refrigerator at least 3 hours.

Preheat an outdoor grill for high heat.

Lightly brush the grilling surface with oil. Grill steak 5 minutes per side, or to desired doneness, brushing frequently with the reserved marinade mixture.

Tomato Steak Sandwiches

Ingredients

3 plain bagels, split
6 tablespoons cream cheese
1 pound boneless beef sirloin
steak, cut into thin strips
2 teaspoons vegetable oil
1/8 teaspoon salt
Dash pepper
6 tomato
6 slices mozzarella cheese

Directions

Place bagels on an ungreased baking sheet; spread with cream cheese. Set aside. In a large skillet over medium heat, cook and stir beef in oil for 3-5 minutes or until no longer pink. Season with salt and pepper.

Using a slotted spoon, place beef on bagels. Top with tomato and mozzarella cheese. Broil 8 in. from the heat for 3-5 minutes or until cheese is melted and lightly browned.

Round Steak and Gravy I

Ingredients

1/2 cup all-purpose flour
salt and pepper to taste
garlic powder to taste
3 pounds round steak
1 tablespoon olive oil
1 (10.75 ounce) can condensed
cream of mushroom soup
1 cup water
1 onion, sliced
1 tablespoon beef bouillon
1 (6 ounce) package beef flavored
stuffing mix
1/3 cup warm water
4 tablespoons butter

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, mix together the flour, seasoned salt, ground black pepper and garlic powder to taste. Cut the steak into 3x3 inch squares and coat with the flour mixture.

Heat the oil in a large skillet over medium high heat. Add the steaks and saute until browned on both sides. Remove meat and set aside in a 9x13 inch baking dish. Add the soup, water, onion and bouillon to the skillet, allow to heat through and pour over the meat.

In a separate small bowl, combine the stuffing mix, water and butter or margarine. Mix well and spread over the steaks and gravy.

Bake at 350 degrees F (175 degrees C) for at least one hour, or until steak is tender.

Grilled Honey-Soy Pork Steaks

Ingredients

2 pork blade steaks, cut 1-inch thick
2 small cloves garlic, minced
2 tablespoons finely chopped onion
2 tablespoons lemon juice
2 tablespoons soy sauce
1 tablespoon honey

Directions

Combine all ingredients in a self-sealing plastic bag; seal bag and place in refrigerator 4 to 24 hours. Remove steaks from marinade, discarding marinade. Grill over medium-hot coals, 7 minutes per side, turning once.

Chicken Fried Steak with Cream Pork Sausage

Ingredients

4 cups vegetable oil for frying
1 cup all-purpose flour
1 teaspoon salt
1 teaspoon white pepper
1 teaspoon garlic powder
3 eggs
1 clove garlic, minced
1 tablespoon chopped fresh parsley
4 (4 ounce) beef tenderloin fillets, pounded thin

2 links pork sausage
3 tablespoons butter
3 tablespoons all-purpose flour
2 1/2 cups heavy cream
salt and black pepper to taste

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

In a bowl, stir together 1 cup flour, 1 teaspoon salt, white pepper, and garlic powder. In a separate bowl, beat eggs with garlic and parsley. Dredge each tenderloin fillet in seasoned flour, dip in egg mixture, and dip back into flour mixture. Shake off any excess flour.

Gently place the steaks into the hot oil, 2 at a time, and cook until golden brown on both sides, about 3 minutes per side. Drain on paper towels.

Place the sausages in a small skillet over medium heat, and fry them until very dark brown on all sides, about 10 minutes. Finely chop the sausages, and set aside. In the same skillet, melt butter, and stir in 3 tablespoons of flour. Cook the butter-flour mixture until it turns a pale beige color, about 1 minute, then stir in the sausage, cream, salt, and black pepper. Bring the mixture to a simmer, and cook until thickened, about 5 minutes. Serve sauce over the fried steaks.

Barbecued Pork Steaks

Ingredients

4 pork blade steaks, 1 to 1 1/4-
inches thick
1/2 cup bottled barbecue sauce
1/3 cup honey
1 tablespoon Worcestershire
sauce
1 teaspoon garlic salt
1/2 teaspoon prepared mustard

Directions

Place steaks on grill about 4 inches above medium-slow coals. Cook about 8 minutes on each side. Meanwhile, stir together remaining ingredients in a small bowl. Brush steaks with sauce and continue cooking 5 minutes more, turning and brushing with sauce.

Bubba's Barbequed Skirt Steak

Ingredients

4 pounds trimmed skirt steaks
2 cups olive oil
1 cup red wine
2 tablespoons dried parsley
2 tablespoons dried basil
2 tablespoons balsamic vinegar
2 tablespoons soy sauce
6 cloves garlic, crushed
2 bay leaves
2 cups barbeque sauce (such as Sweet Baby Ray's®)

Directions

Make diagonal cuts through the skirt steak on both sides. Cut diagonally about every 1/4 to 1/2 inch, then cut diagonally in the opposite, perpendicular direction. Repeat on the other side of the steak to complete the crisscross cuts that will tenderize the meat. When the meat is prepared, some sections will be very long. I cut the longer sections to keep them under 18 inches long.

Whisk together the olive oil, red wine, parsley, basil, balsamic vinegar, soy sauce, garlic, and bay leaves in a large glass or ceramic bowl. Add the skirt steaks and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 8 hours to overnight.

Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the skirt steaks from the marinade, and shake off excess. Discard the remaining marinade.

Cook the skirt steak on the preheated grill to your desired degree of doneness, about 10 minutes per side for medium-well. Once nearly finished, brush the steaks with the barbeque sauce and cook for 2 minutes. Flip the steaks over, brush with barbeque sauce, and cook 2 minutes longer.

Swiss Steak Quick and Easy

Ingredients

1 tablespoon vegetable oil
2 pounds cube steaks, pounded thin and cut into bite-size pieces
1 1/2 tablespoons all-purpose flour
1 medium onion, chopped
1 pound mushrooms, sliced
salt and pepper to taste
1 (1.2 ounce) package brown gravy mix
2 (14.5 ounce) cans stewed tomatoes
1 (12 ounce) package egg noodles

Directions

Heat oil in a Dutch oven over medium heat. Dredge steak strips in flour. Working in batches, place strips in hot oil. Fry until browned on both sides. Remove to a warm platter. When all meat is browned, return meat to Dutch oven, and stir in onions, mushrooms, salt, pepper, gravy mix, and stewed tomatoes. Bring to a boil, then simmer about 30 to 45 minutes.

About 20 minutes before steak is finished, fill a large pot with water and bring to a boil. Add pasta, and cook until al dente, about 8 to 10 minutes; drain.

Serve Swiss steak over noodles.

Steak Brunchallta

Ingredients

1/4 cup Worcestershire sauce
2 tablespoons olive oil
1 tablespoon lime juice
1/4 cup chopped fresh cilantro
3/4 cup chopped fresh tomatoes
1/2 cup chopped red onion
1 to taste salt and pepper to taste

24 ounces beef top sirloin steak
1 1/2 cups sliced green bell peppers
1 1/2 cups sliced fresh mushrooms
1 clove garlic, crushed

5 eggs, beaten
1 to taste salt and pepper to taste
1/4 teaspoon hot pepper sauce
4 (10 inch) flour tortillas

Directions

In a medium bowl, combine Worcestershire sauce, olive oil, lime juice, cilantro, tomatoes, red onion, salt and pepper. Place steak in a shallow non-metallic container and cover with marinade. Refrigerate for 1 hour.

Grill steak under a preheated broiler or on a grill for 4 minutes on one side and 1 minute on the other. Remove from heat, dice into small cubes and set aside.

In a lightly oiled skillet, cook and scramble eggs to desired firmness. Season with hot pepper sauce, salt and pepper.

Pour marinade into a medium sauce pan and bring to a simmer over medium heat. Add green peppers, mushrooms and garlic; simmer for 10 minutes.

Warm tortillas on a grill or in microwave. Line tortillas with meat and vegetables; place eggs on top. Wrap and serve.

Salsa Cube Steaks

Ingredients

1 pound beef cube steak
1/2 teaspoon ground cumin
salt and pepper to taste
1 green bell pepper, sliced
1 onion, sliced
1 (16 ounce) jar salsa
water as needed

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place the steaks in a 9x13 inch baking dish and season with cumin and salt and pepper to taste. Arrange the pepper and onion over the meat and pour salsa over all, adding some water as needed to the bottom of the baking dish. Cover with foil.

Bake at 375 degrees F (190 degrees C) for 30 to 40 minutes.

Spicy Flat Iron Steak Rub

Ingredients

2 tablespoons brown sugar
1 teaspoon garlic powder
1/2 teaspoon onion powder
1 tablespoon chili powder
1 1/2 teaspoons ancho chile powder
1 teaspoon chipotle chile powder
1 tablespoon salt-free seasoning blend
salt and black pepper to taste
1 (2 pound) flat iron steak
1/4 cup vegetable oil

Directions

Mix the brown sugar, garlic powder, onion powder, chili powder, ancho chile powder, chipotle chile powder, salt-free seasoning blend, salt, and pepper together in a bowl until thoroughly blended. Sprinkle over both sides of the steak, and rub into the meat. Cover, and refrigerate at least 30 minutes, or up to 2 days.

Before cooking, drizzle steak with vegetable oil, and rub the oil into the meat. Cook as desired.

Chipotle Flank Steak with Creamy Cilantro Sauce

Ingredients

1 1/2 cups Hellmann's® or Best Foods® Light Mayonnaise
1 (7 ounce) can chipotle peppers in adobo sauce
2 tablespoons lime juice
1 pound boneless flank steak
2 tablespoons chopped fresh cilantro
1/2 teaspoon garlic salt

Directions

Process 3/4 cup Hellmann's® or Best Foods® Light Mayonnaise, chili and lime juice in food processor or blender until smooth. Arrange steak in baking dish. Rub both sides with mayonnaise mixture. Cover and marinate in refrigerator 30 minutes.

Meanwhile, combine cilantro, garlic salt and remaining 3/4 cup Mayonnaise in small bowl; cover and chill.

Grill steak, turning once, 8 minutes or until desired doneness. Slice steak and serve with cilantro sauce.

Steak Stir-Fry

Ingredients

1 teaspoon beef bouillon granules
1 cup boiling water
2 tablespoons cornstarch
1/3 cup soy sauce
1 pound boneless sirloin steak,
cut into thin strips
1 garlic clove, minced
1 teaspoon ground ginger
1/4 teaspoon pepper
2 tablespoons vegetable oil,
divided
1 large green pepper, julienned
1 cup sliced carrots or celery
5 green onions cut into 1-inch
pieces
Hot cooked rice

Directions

Dissolve bouillon in water. Combine the cornstarch and soy sauce until smooth; add to bouillon. Set aside. Toss beef with garlic, ginger and pepper. In a large skillet or wok over medium-high heat, stir-fry beef in 1 tablespoon oil until cooked as desired; remove and keep warm.

Heat remaining oil; stir-fry vegetables until crisp-tender. Stir soy sauce mixture and add to the skillet; bring to a boil. Cook and stir for 2 minutes. Return meat to pan and heat through. Serve over rice.

Stuffed Flank Steak

Ingredients

2 cups dry stuffing mix
1 cup boiling water
2 tablespoons butter or margarine
1 1/2 pounds flank steak,
pounded thin for easy rolling
2 green onions, chopped
1 red bell pepper, chopped
1 (10.5 ounce) can mushroom
gravy
1/4 cup red wine
1 clove garlic, minced
2 tablespoons grated Parmesan
cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, combine the stuffing mix, water and butter or margarine. Mix well and let stand for 5 minutes. Spoon the stuffing onto the steak, leaving a 1 inch border. Add the green onions and the red bell pepper.

Roll from the long edge of the steak and secure with wooden toothpicks. Place steak seam side down in a 9x13 inch baking dish.

In a separate small bowl, combine the gravy, wine OR apple juice, garlic and cheese. Mix well and pour over the steak.

Bake at 350 degrees F (175 degrees C) for 1 hour, remove from oven and let stand before slicing.

Citrus Tuna Steaks

Ingredients

- 1 pink grapefruit
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 2 tablespoons honey
- 1 tablespoon snipped fresh dill
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground ginger
- 4 (6 ounce) tuna steaks or fillets

Directions

Peel and section grapefruit over a bowl, reserving juice. Refrigerate half of the grapefruit sections. Add remaining grapefruit to the reserved grapefruit juice. Add the lemon juice, lime juice, honey, dill, red pepper flakes and ginger. Remove 1/4 cup for basting; cover and refrigerate. Pour remaining marinade into a large resealable plastic bag; add the tuna steaks. Seal bag and turn to coat; refrigerate for 30 minutes, turning once.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from tuna. Grill tuna, uncovered, over medium heat for 6-7 minutes on each side, basting frequently with reserved marinade. Top tuna steaks with reserved grapefruit sections. Cover and cook for 5 minutes or until fish flakes easily with a fork.

Sassy Steak Marinade and Sauce

Ingredients

1 pound beef sirloin steaks
1 tablespoon olive oil
2/3 cup cocktail sauce
1/4 cup honey
3 tablespoons soy sauce
3 cloves garlic, crushed
1/4 teaspoon seasoning salt, or to taste
1 tablespoon olive oil
8 ounces sliced fresh mushrooms

Directions

Pierce steaks all over with a fork, and place them into a resealable freezer bag. In a medium bowl, stir together 1 tablespoon of olive oil, cocktail sauce, honey, soy sauce, garlic, and seasoning salt. Pour over the steaks in the bag, seal, and refrigerate for 30 minutes or up to 6 hours, turning frequently.

Preheat an outdoor grill for medium-high heat. When grill is heated, lightly oil the grate.

Remove steaks from marinade, reserving marinade. Grill for about 7 minutes on each side, or to your desired degree of doneness.

While steaks are grilling, heat the remaining tablespoon of olive oil in a skillet over medium heat. Add mushrooms, and cook until tender. Pour in reserved marinade, and bring to a boil. Boil for 5 minutes, or until thickened. Serve with steaks.

Pepper Steak Packet

Ingredients

1 (1/2 pound) sirloin steak, cut into bite size strips
1 red bell pepper, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
1 sweet onion, chopped
1 pint cherry tomatoes
1 zucchini, chopped
2 tablespoons butter
1/4 cup steak sauce

Directions

Preheat an outdoor grill for medium high heat and lightly oil grate.

Place the steak strips on a piece of foil large enough to hold the meat and some vegetables. Layer with the red, green and yellow peppers, chopped onion, cherry tomatoes and chopped zucchini. Dot with butter, and drizzle with steak sauce. Fold edges of foil to seal the packet well.

Grill over medium high heat for 45 to 60 minutes. About halfway through cooking, flip the packet, being careful not to puncture it. (Note: Be careful when opening foil packet as the steam that escapes will be very hot.)

Baked Swiss Steak

Ingredients

1/2 pound boneless round steak
2 tablespoons all-purpose flour,
divided
1/2 teaspoon salt
2 tablespoons vegetable oil
1 (14.5 ounce) can stewed
tomatoes
1/2 cup chopped carrot
1/4 cup chopped celery
1 tablespoon chopped onion
1/4 teaspoon Worcestershire
sauce
2 tablespoons sharp Cheddar
cheese

Directions

Cut meat into two portions; pound to 1/4-in. thickness. Combine 1 tablespoon flour and salt; coat meat on both sides. In a skillet, brown meat in oil. Transfer meat to a greased shallow 2-qt. baking dish; set aside.

To pan drippings, add tomatoes, carrot, celery, onion, Worcestershire sauce and remaining flour. Bring to a boil over medium heat; cook and stir for 2 minutes. Pour over meat. Cover and bake at 350 degrees F for 1-1/2 hours or until the meat is tender. Sprinkle with cheese; return to the oven until cheese is melted.

Barbequed Beef Steak with Orange Marinade

Ingredients

2 pounds top sirloin, 2 inches thick
2 cloves garlic, minced
1 tablespoon minced fresh ginger root
2 oranges, juiced

Directions

Make crisscross cuts on surface of meat on both sides, and place in a shallow dish. Reserve 1/2 cup orange juice. Mix remaining orange juice with garlic and ginger. Pour over meat, and marinate in refrigerator for at least 6 hours.

Preheat grill for medium heat.

Brush grate with oil, and place steak on grill. Cook for 10 to 12 minutes per side, or until done. Remove from grill, and rest for several minutes.

Meanwhile, heat reserved orange juice. Slice meat, and transfer to a serving platter. Pour heated orange juice over the meat.

Slow-Cooked Round Steak

Ingredients

1/4 cup all-purpose flour
1/2 teaspoon salt
1/8 teaspoon pepper
2 pounds beef round steak, cut
into serving-size pieces
6 teaspoons vegetable oil, divided
1 medium onion, thinly sliced
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme

Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add beef, a few pieces at a time, and shake to coat. In a large skillet, brown meat on both sides in 4 teaspoons oil. Place in a 5-qt. slow cooker.

In the same skillet, saute onion in remaining oil until lightly browned; place over beef. Combine the soup, oregano and thyme; pour over onion. Cover and cook on low for 7-8 hours or until meat is tender.

Flank Steak with Avocado Salsa

Ingredients

3 avocados - peeled, pitted and diced
1/2 onion, minced
2 Roma (plum) tomatoes, diced
1 clove garlic, pressed
1 bunch fresh cilantro, chopped
1 teaspoon ground cumin
2 teaspoons crushed red pepper flakes
3 tablespoons lime juice
3 tablespoons olive oil
salt and black pepper to taste

1 tablespoon kosher salt
2 tablespoons ground cumin
1 teaspoon crushed red pepper flakes
2 teaspoons ground black pepper
1 tablespoon ground coriander
1 tablespoon chili powder
1 teaspoon ground cinnamon
1 (1 1/2-pound) flank steak

Directions

Place the avocados, onion, tomato, garlic, and cilantro into a mixing bowl. Season with 1 teaspoon cumin, 2 teaspoons red pepper flakes, lime juice, and olive oil. Season to taste with salt and pepper, and stir gently until evenly combined; set aside.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Combine the kosher salt, 2 tablespoons cumin, 1 teaspoon crushed red pepper, coriander, chili powder, and cinnamon in a bowl; set aside.

Dry the flank steak with paper towels, and rub the spice mixture onto both sides. Cook on the preheated grill until the flank steak starts to firm, and is reddish-pink and juicy in the center, about 4 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Remove the steak from the grill, cover with aluminum foil, and let rest 5 minutes before slicing against the grain. Arrange onto a platter, and top with salsa to serve.

Simply Elegant Steak and Rice

Ingredients

1 1/2 pounds boneless round steak
1 1/2 tablespoons vegetable oil
1 onion, diced
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup sherry
1 1/2 teaspoons garlic salt
1 (4.5 ounce) can mushrooms, drained, liquid reserved

1 cup white rice
2 cups water

Directions

Cut steak into thin strips. In a large heavy skillet, on high heat, brown meat in oil. Add onions. Saute until tender.

Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover and simmer for 1 hour or until steak is tender. Meanwhile, cook the rice.

To cook rice: In a saucepan, bring 2 cups of water to a boil. Stir in 1 cup of rice. Cover and reduce heat to a simmer. Simmer for 20 minutes.

Philly Steak Sandwich

Ingredients

1 pound beef sirloin, cut into thin
2 inch strips
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon paprika
1/2 teaspoon chili powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon dried thyme
1/2 teaspoon dried marjoram
1/2 teaspoon dried basil
3 tablespoons vegetable oil
1 onion, sliced
1 green bell pepper, julienned
3 ounces Swiss cheese, thinly
sliced
4 hoagie rolls, split lengthwise

Directions

Place the beef in a large bowl. In a small bowl, mix together salt, pepper, paprika, chili powder, onion powder, garlic powder, thyme, marjoram and basil. Sprinkle over beef.

Heat half of the oil in a skillet over medium-high heat. Saute beef to desired doneness, and remove from pan. Heat the remaining oil in the skillet, and saute the onion and green pepper.

Preheat oven on broiler setting.

Divide the meat between the bottoms of 4 rolls, layer with onion and green pepper, then top with sliced cheese. Place on cookie sheet, and broil until cheese is melted. Cover with tops of rolls, and serve.

Simple Salisbury Steaks

Ingredients

1 (10.75 ounce) can
Campbell's® Condensed Cream
of Mushroom Soup (Regular, 98%
Fat Free or 25% Less Sodium)
1 pound ground beef
1/3 cup dry bread crumbs
1 small onion, finely chopped
1 egg, beaten
1 tablespoon vegetable oil
1 1/2 cups sliced mushrooms

Directions

Mix thoroughly 1/4 cup soup, beef, bread crumbs, onion and egg.
Shape firmly into 4 patties, 1/2 inch thick.

Heat oil in skillet. Cook patties until browned. Pour off fat. Add
remaining soup and mushrooms. Heat to a boil. Cover and cook
over low heat 10 minutes or until done.

Grilled Hanger Steak with a Roasted Shallot Port

Ingredients

4 (6 ounce) hanger steaks - fat and silver skin trimmed
1 1/2 tablespoons canola oil
salt and pepper to taste
1 pound fresh green beans, trimmed
2 cloves garlic, minced
1/4 cup canola oil
1 pinch salt and pepper to taste
1 cup water
1/4 cup white sugar
4 whole shallots
3 fluid ounces port wine
1 cup demi glace
1/2 cup butter, room temperature

Directions

Lightly cover the steaks with canola oil and season generously with salt and pepper; cover and place in refrigerator until ready to grill.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Place a sheet of aluminum foil on about 1/3 of the grill surface.

Bring a large pot of generously salted water to a boil. Cook the green beans in the boiling water until heated through yet still firm, 5 to 7 minutes. Drain. Transfer to a large bowl. Add the garlic and 1/4 cup of canola oil to the green beans and toss to coat. Season with salt and pepper; set aside.

Stir the water, sugar, and shallots together in a saucepan until the sugar dissolves; cover the pan and bring the mixture to a boil. Drain the liquid and return the shallots to the pan. Add the port wine and demi glace to the saucepan and place over medium heat; cook until the liquid reduces to about half its original volume. Stir the butter into the mixture until it melts. Remove the pan from the heat. Season with salt as needed. Keep the saucepan covered until the steaks are prepared.

Spread the green beans onto the part of the grill prepared with aluminum foil and allow to finish cooking while grilling the steaks.

Cook the steaks until they start to firm, and are reddish-pink and juicy in the center, about 2 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Allow the steaks to rest 5 minutes before placing onto individual plates. Spoon the sauce over the steaks. Serve the green beans on the side.

Steak Fajitas

Ingredients

1 pound lean steak, cut into strips
1/2 cup fresh lime juice
1/2 tablespoon ground black pepper
1 tablespoon chopped fresh cilantro
2 tablespoons vegetable oil
1 large onion, cut into thin strips
1 julienned green bell pepper
2 lemons, quartered
salt and pepper to taste
6 (12 inch) flour tortillas

Directions

Combine the lime juice, ground pepper and cilantro in a shallow dish. Place steak strips into the marinade and refrigerate for two to four hours.

Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add steak strips, and fry until cooked to your liking. Remove meat and set aside.

Add remaining oil and onions to the skillet. Cook over medium low heat, until translucent, stir in green peppers and steak. Squeeze the juice of 1 lemon over the top and stir. When the green bell peppers are just tender remove the pan from the heat. Season with salt and pepper to taste. Serve the steak fajitas with tortillas and lemon wedges on the side.

Steak n Ale Pie

Ingredients

1/2 (17.5 ounce) package frozen puff pastry, thawed
1 tablespoon lard
1/2 pound cubed beef
1/4 pound carrots, diced
1/4 pound turnips, diced
1/2 pound peeled and cubed potatoes
1/4 pound onions, diced
1 cup water
1 cup bitter ale
1 tablespoon cornstarch
1/4 cup cold water
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C).

Heat a large skillet over high heat. Add lard, then meat. Toss to coat meat, and saute just long enough to brown meat on all sides. Remove from heat. Place meat in a 1 quart baking dish. Add carrots, turnip, potatoes, and onion. Mix well.

Place 1 cup water and ale in a small saucepan. Bring to a simmer. Mix cornstarch with 1/4 cup cold water until smooth. Slowly pour cornstarch mixture into simmering ale mixture, whisking constantly. Continue to simmer until mixture has thickened. Add salt and pepper to taste. Pour mixture over meat and vegetables. Trim puff pastry to fit over top of filling.

Bake in preheated oven for 45 to 50 minutes, until pastry is deep golden brown.

Avocado Steak

Ingredients

2 cups water
1 cup uncooked long-grain white rice
1 (16 ounce) can refried beans
salt to taste
garlic powder to taste
1 tablespoon olive oil
2 small onions, chopped
4 beef steaks
2 avocados - peeled, pitted and sliced

Directions

Preheat an outdoor grill for high heat, and lightly oil grate.

In a medium saucepan, bring water to a boil. Stir in rice, reduce heat, cover, and simmer for 20 minutes.

Place refried beans in a medium saucepan over medium heat, and season with salt and garlic powder. Cook, stirring occasionally, until heated through.

Heat oil in a medium skillet over medium heat. Saute onions until browned and tender.

On the prepared grill, cook steaks 7 to 10 minutes, to an internal temperature of 145 degrees F (65 degrees C).

Spread steaks with refried beans, and top with onions and avocado slices. Serve over rice.

Mom-Mom's Pepper Steak

Ingredients

2 tablespoons vegetable oil
2 green bell peppers, cut into strips
2 red bell peppers, cut into strips
1 1/2 pounds round steak, cut into strips
1 onion, grated
1 cup crushed tomatoes
1/2 cup water
3 1/2 teaspoons white sugar
salt and pepper to taste

Directions

Heat the vegetable oil in a large skillet over medium heat, and cook and stir the green and red peppers until tender, about 10 minutes. Remove the peppers from the pan and set aside.

Place the steak strips into the skillet with the grated onion, and cook and stir for about 10 minutes, until the steak is evenly browned and no longer pink inside. Return the cooked peppers to the skillet, and stir in tomatoes, water, and sugar. Sprinkle with salt and pepper to taste.

Simmer over low heat for 45 minutes to 1 hour, stirring occasionally, until the steak is tender and the sauce has thickened.

Grilled Chuck Steak

Ingredients

4 garlic cloves, minced
1/4 cup olive oil
1 cup red wine vinegar
2/3 cup ketchup
2 tablespoons Worcestershire sauce
2 teaspoons sugar
2 teaspoons dried basil
1 (3 pound) boneless chuck steak
(1 1/2 inches thick)

Directions

In a small saucepan, saute garlic in oil for 3-4 minutes or until tender; remove from the heat. In a 4-cup measure, combine the vinegar, ketchup, Worcestershire sauce, sugar, basil and garlic.

Pour 1 cup marinade into a large resealable plastic bag; add the meat. Seal bag and turn to coat; refrigerate for at least 6 hours or overnight. Cover and refrigerate remaining marinade.

Coat grill rack with nonstick cooking spray before starting the grill. Prepare grill for indirect heat. Drain and discard marinade from steak. Grill steak, uncovered, over medium heat until browned on each side.

Move steak to indirect side of grill. Grill, covered, for 45-50 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F), basting occasionally with marinade.

Deep Fried Pork Steak

Ingredients

1 quart vegetable oil for deep frying
2 cups all-purpose flour
2 tablespoons garlic powder
4 tablespoons seasoned salt
1 teaspoon chili powder
1 teaspoon cinnamon
1 teaspoon coriander
1 teaspoon dried basil
1 teaspoon cumin
1 teaspoon ground turmeric
1 teaspoon paprika
1 tablespoon salt
4 pounds pork steaks

Directions

Heat oil in a deep fat fryer to 375 degrees F (190 degrees C).

In a large resealable plastic bag, combine the flour, garlic powder, seasoned salt, chili powder, cinnamon, coriander, basil, cumin, ground turmeric, paprika, and salt. Place pork steaks in the bag one at a time; seal, and shake to coat.

One at a time, place pork steak into hot oil, and cook until it turns deep brown and floats. Remove to paper towels. Repeat process with remaining pork steaks.

Steak N Gravy

Ingredients

4 (4 ounce) venison steaks
1 cup all-purpose flour
2 tablespoons ground bay leaves
1 pinch salt and pepper
4 tablespoons olive oil, divided
1/2 onion, chopped
6 fresh mushrooms, sliced
1 tablespoon minced garlic
1 (10.5 ounce) can beef gravy
1/4 cup milk

Directions

Cut all fat and gristle off the meat, and pound each steak out with a meat tenderizer until they are thin but not tearing. In a shallow bowl, combine flour, bay leaf, salt and pepper. Dredge steaks in the flour mixture until evenly coated.

Heat 1 tablespoon olive oil in a large heavy skillet over medium heat. Saute onions until soft and translucent. Stir in mushrooms and garlic, and cook until tender. Remove from skillet and set aside. Heat remaining oil, and fry each steak for 2 minutes on each side, or until golden brown. Return onion mixture to skillet. Stir in gravy and milk. Reduce heat, cover, and simmer for 30 to 40 minutes. Stir occasionally to prevent sticking.

Flank Steak Roll-Up

Ingredients

1 (4 ounce) can mushroom stems and pieces, undrained
2 tablespoons butter or margarine, melted
1 (6 ounce) package seasoned stuffing mix
1 3/4 pounds beef flank steak
1 (.75 ounce) packet dry brown gravy mix
1/4 cup chopped green onion
1/4 cup dry red wine or beef broth

Directions

In bowl, toss the mushrooms, butter and dry stuffing mix. Spread over steak to within 1 in. of edges. Roll up jelly-roll style, starting with a long side; tie with kitchen string. Place in a slow cooker.

Prepare gravy mix according to package directions; add onions and wine or broth. Pour over meat. Cover and cook on low for 8-10 hours. Remove meat to a serving platter and keep warm. Strain cooking juices and thicken if desired. Remove string from roll-up; slice and serve with gravy.

Chinese Pepper Round Steak

Ingredients

2 pounds beef round steak, cut into thin strips
2 tablespoons vegetable oil
1 (10.75 ounce) can condensed tomato soup
1 (10.5 ounce) can beef consomme
4 medium green bell peppers, cut into 1 inch pieces
1/4 cup soy sauce
2 tablespoons cornstarch
1 teaspoon white sugar
1/4 teaspoon ground ginger, or to taste
1/4 teaspoon garlic salt
1/4 teaspoon ground black pepper
1 1/2 cups hot cooked rice

Directions

Heat the oil in a skillet over medium-high heat, and quickly cook and stir the sliced beef for about 10 minutes, until the meat has begun to brown and is no longer pink inside. Remove beef from skillet and set aside.

Whisk together the tomato soup, beef consomme, green peppers, soy sauce, cornstarch, sugar, ginger, garlic salt, and pepper in a saucepan over medium heat. Bring the sauce to a simmer, stir until thickened, and simmer for about 10 minutes, stirring occasionally, until the green peppers have begun to cook. Stir in the beef, and simmer for 20 more minutes until the peppers are cooked and the flavors have blended. Serve over hot cooked rice.

Steak Tacos with Spicy Yogurt Sauce

Ingredients

1 pound top round steak, cut into small pieces
2 tablespoons olive oil
2 tablespoons chopped fresh cilantro
1 teaspoon ground cumin
1 tablespoon dried oregano
1 pinch cayenne pepper, or to taste
salt and ground black pepper to taste

2 cups plain yogurt
1/2 cup mayonnaise
1 pinch cayenne pepper
1 tablespoon dried dill weed
2 tablespoons chopped fresh cilantro
1 lime, juiced
salt to taste

1 1/4 cups chopped fresh cilantro
1 onion, finely chopped
8 (7 inch) flour tortillas
1 cup shredded Mexican cheese blend

Directions

Place the steak between two sheets of heavy plastic (resalable freezer bags work well) on a solid, level surface. Firmly pound the beef with the smooth side of a meat mallet to a thickness of 1/8 inch. Combine the olive oil, 2 tablespoons of cilantro, cumin, oregano, 1 pinch of cayenne in a large glass or ceramic bowl; season to taste with salt and pepper. Add the beef and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 30 minutes.

Mix yogurt and mayonnaise in a separate bowl. Stir in 1 pinch of cayenne pepper, dill weed, 2 tablespoons of cilantro, lime juice, and salt. Cover the bowl with plastic wrap and refrigerate until ready to serve. Combine 1 1/4 cup of cilantro and onion in a bowl. Set aside.

Heat a large skillet over medium-high heat and stir in the steak. Cook and stir until the beef is evenly browned. Drain and discard any excess grease. Heat another skillet over medium heat. Place one tortilla in the skillet and sprinkle with cheese and cooked steak. Top with the onion mixture, then carefully fold the tortilla in half. Cook until lightly crisp on each side. Repeat with remaining tortillas. Serve with yogurt sauce on the side.

Chicken Fried Steak

Ingredients

1/2 pound (1/2 inch thick)
boneless sirloin steak
1/4 cup all-purpose flour
1/4 cup seasoned bread crumbs
1 egg
2 teaspoons water
3 tablespoons canola oil
COUNTRY GRAVY:
2 tablespoons all-purpose flour
1 1/4 cups 2% milk
1/4 teaspoon salt
1/4 teaspoon white pepper

Directions

Flatten steak to 1/4-in. thickness. Cut into two serving-size pieces. Place flour and bread crumbs in separate shallow bowls. In another shallow bowl, beat egg and water. Coat steaks with flour, then dip into egg mixture and coat with crumbs.

In a large skillet, cook steaks in oil over medium heat for 1-2 minutes on each side or until meat reaches desired doneness. Remove and keep warm.

For gravy, stir flour into pan drippings until blended, loosening browned bits. Gradually stir in milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Season with salt and pepper. Serve with steaks.

Grilled Ham Steak Kabobs with Peach Slaw

Ingredients

1 Cook's® brand Bone-In Thick Cut Ham Steak
Wooden (soaked in water) or metal skewers
1 1/2 teaspoons Moroccan Spice*
1 tablespoon olive oil
2 tablespoons red bell pepper, diced
4 peaches, sliced
3 ounces snow peas, julienne
1 tablespoon mint, chopped
1 tablespoon rice wine vinegar
2 teaspoons whole grain mustard
2 teaspoons sugar
Pinch of cayenne pepper
1 tablespoon olive oil
Salt and pepper to taste

*Moroccan Spice:

3 teaspoons ground cinnamon
2 teaspoons ground cumin
1 teaspoon ground ginger
1 teaspoon turmeric

Directions

Prepare charcoal or gas grill. Cut ham steak in 1 by 3-inch strips and place on water soaked wooden skewers. Sprinkle on Moroccan spice and olive oil. Place skewers on grill over medium heat until golden brown.

Combine remaining ingredients and mix well. Set aside.

Scoop peach slaw on a plate and lay kabobs on top.

Steak Fajitas

Ingredients

1 1/4 pounds flank steak
2 large red and/or green bell peppers, quartered
1 medium onion, cut into 1/2-inch-thick slices
3 tablespoons vegetable oil, divided
2 teaspoons chili powder
1 (5.4 ounce) package Knorr® Fiesta Sides, - Mexican Rice, prepared according to package directions
8 (6 inch) fajita size flour tortillas, heated

Directions

Season steak, red peppers and onion, if desired, with salt and ground black pepper. Combine 2 tablespoons oil and chili powder; brush on steak and vegetables.

Grill or broil steak and vegetables, turning once, until steak is desired doneness and vegetables are tender. Let steak rest 10 minutes before thinly slicing. Slice peppers.

Serve sliced steak, vegetables and hot Knorr® Fiesta Sides, - Mexican Rice in tortillas with your favorite fajita toppings.

Tangy Garlic Steak

Ingredients

4 pounds beef sirloin steaks, at least 3/4 inch thick
1 (16 ounce) bottle Italian salad dressing
2 tablespoons Worcestershire sauce
2 tablespoons minced garlic
1 teaspoon olive oil
salt and pepper to taste

Directions

Score the steaks lightly on both sides using a sharp knife. Place in a shallow baking dish. Pour the Italian dressing and Worcestershire sauce over them, and sprinkle with garlic. Rub the marinade into the steaks using the back of a spoon or fork. Turn steaks over, and repeat on the other side. Marinate in the refrigerator for 2 to 24 hours.

Preheat a grill to medium-high heat. Oil the grate lightly with a paper towel dipped in olive oil.

Grill steaks for about 6 minutes per side, or to desired doneness. Season with salt and pepper to taste before serving.

Baked Halibut Steaks

Ingredients

1 teaspoon olive oil
1 cup diced zucchini
1/2 cup minced onion
1 clove garlic, peeled and minced
2 cups diced fresh tomatoes
2 tablespoons chopped fresh basil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
4 (6 ounce) halibut steaks
1/3 cup crumbled feta cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Lightly grease a shallow baking dish.

Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper.

Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak. Top with feta cheese.

Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

Sliced Steak Pizzaiola

Ingredients

1 tablespoon vegetable oil
1 1/2 pounds beef flank steak
2 medium onions, sliced
2 cloves garlic, minced
1 teaspoon Italian seasoning,
crushed
2 cups PregoB® Traditional Italian
Sauce

Directions

Heat oil in skillet. Add steak and cook about 8 minutes or until browned. Remove steak.

Add onions, garlic and Italian seasoning and cook until tender. Return steak to pan. Add pasta sauce. Cook over low heat until desired doneness (3 minutes for medium-rare).

Slice steak into thin diagonal slices. Serve with sauce.

Sorta Salisbury Steak

Ingredients

3 tablespoons vegetable oil
1 cup all-purpose flour, divided
6 (4 ounce) cube steaks (pounded round meat)
1 large onion, sliced into strips
2 cups beef stock
2 tablespoons Worcestershire sauce

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a Dutch oven, or deep iron skillet. Dredge steaks in some of the flour, reserving the rest of the flour. Brown steaks in the oil a few at a time, and remove to a plate. When all of the steaks are browned, place a layer of sliced onions into the Dutch oven, and alternate layers of steak and onion. Pour in beef stock and Worcestershire sauce.

Cover, and bake for 2 hours in the preheated oven. Remove steaks and onions from the pan, and whisk in 2 tablespoons of the remaining flour. Bring to a boil over medium heat, and cook, stirring until thickened. Serve steaks and onions with gravy with mashed potatoes or noodles.

Slow-Cooked Steak Fajitas

Ingredients

1 (1 1/2-pound) beef flank steak
1 (14.5 ounce) can diced tomatoes with garlic and onion, undrained
1 jalapeno pepper, seeded and chopped*
2 garlic cloves, minced
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
1 medium onion, sliced
1 medium green pepper, julienned
1 medium sweet red pepper, julienned
1 tablespoon minced fresh cilantro
2 teaspoons cornstarch
1 tablespoon water
12 (6 inch) flour tortillas, warmed
3/4 cup fat-free sour cream
3/4 cup salsa

Directions

Thinly slice steak across the grain into strips; place in a 5-qt. slow cooker. Add tomatoes, jalapeno, garlic, coriander, cumin, chili powder and salt. Cover and cook on low for 7 hours. Add onion, peppers and cilantro. Cover and cook 1-2 hours longer or until meat is tender.

Combine cornstarch and water until smooth; gradually stir into slow cooker. Cover and cook on high for 30 minutes or until slightly thickened. Using a slotted spoon, spoon about 1/2 cup meat mixture down the center of each tortilla. Add 1 tablespoon each sour cream and salsa. Fold bottom of tortilla over filling and roll up.

Stout Steak

Ingredients

4 (1/2 pound) steaks
1 (12 fluid ounce) can or bottle
stout beer
1 clove crushed garlic
1/4 cup soy sauce
1 (10.5 ounce) can condensed
beef broth
1/2 teaspoon dried sage
1 teaspoon onion powder
1 teaspoon freshly ground black
pepper

Directions

Place steaks in a flat glass dish. Use a big enough dish so that steaks lay flat on the bottom. Toss in your garlic and spices. Pour the bottle of stout, soy sauce, and beef broth over the steaks. Add just enough water to cover the steaks. Cover, and let marinate in the refrigerator overnight (or at least three hours).

Preheat the oven to broil. Cook steaks to desired doneness.

Greek-Style Rib Eye Steaks

Ingredients

1 1/2 teaspoons garlic powder
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried basil
1/2 teaspoon salt
1/8 teaspoon pepper
2 beef rib-eye steaks (1 1/2 inches thick)
1 tablespoon olive or vegetable oil
1 tablespoon lemon juice
2 tablespoons crumbled feta or blue cheese
1 tablespoon sliced ripe olives

Directions

In a small bowl, combine the first five ingredients; rub onto both sides of steaks. In a large skillet, cook steaks in oil for 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare a meat thermometer should read 145 degrees F, medium, 160 degrees F, well-done, 170 degrees F). Sprinkle with lemon juice, cheese and olives. Serve immediately.

Whiskey Steak

Ingredients

2 pounds beef round steak, 1 inch thick
salt and pepper to taste
2 cloves garlic, crushed
1/3 cup sweet-hot mustard, divided
4 slices bacon
1 tablespoon olive oil, or as needed
3 tablespoons chopped fresh rosemary
2/3 cup bourbon whiskey
2 tablespoons Worcestershire sauce
1 tablespoon brown sugar
1 tablespoon lemon juice

Directions

Season the steaks on both sides with salt and pepper. In a small bowl, mix together the garlic and all but 2 teaspoons of the mustard. Place the steaks on a plate, and spread half of the garlic mustard mixture over one side of them. Let stand for 30 minutes.

Heat a large skillet over medium-high heat. Fry bacon until crisp, then remove from the pan, leaving the grease. Crumble the bacon and set aside.

Heat the bacon grease in the skillet over medium-high heat, and add olive oil if necessary to cover the bottom of the pan. Fry steaks mustard side down for about 5 minutes, until golden brown. While the steaks are frying, spread the remaining garlic and mustard over the top. Flip the steaks over, and fry for about 2 minutes, until browned. Remove steaks to a serving platter, and keep warm.

Keep the skillet over medium-high heat, and stir in the rosemary, whiskey, reserved mustard, Worcestershire sauce, brown sugar, and lemon juice. Simmer for about 2 minutes. Top steaks with crumbled bacon and the sauce, and serve.

Jalapeno Steak

Ingredients

4 jalapeno peppers, stemmed
4 cloves garlic, peeled
1 1/2 teaspoons cracked black pepper
1 tablespoon coarse salt
1/4 cup lime juice
1 tablespoon dried oregano
1 1/2 pounds top sirloin steak

Directions

Combine jalapenos, garlic, pepper, salt, lime juice and oregano in a blender. Blend until smooth.

Place steak in a shallow pan or large resealable plastic bag. Pour jalapeno marinade over the steak, and turn to coat. Cover pan or seal bag; marinate in the refrigerator 8 hours or overnight.

Preheat an outdoor grill for high heat, and lightly oil the grill grate.

Drain and discard marinade. Grill steak 5 minutes per side, or to desired doneness.

Grilled Orange Flank Steak

Ingredients

1/2 cup orange marmalade
1/4 cup water
1/4 cup prepared Italian salad dressing
1/4 cup soy sauce
2 tablespoons brown sugar
2 tablespoons orange juice
1 1/2 teaspoons grated orange peel
1 teaspoon ground ginger
1/4 teaspoon garlic powder
3/4 pound beef flank steak

Directions

In a mixing bowl, combine the first nine ingredients; mix well. Pour 1 cup marinade into a large resealable plastic bag; Cover and refrigerate remaining marinade. Add beef to the bag. Seal and turn to coat; refrigerate for at least 8 hours or overnight, turning occasionally.

Drain and discard marinade from beef. Grill, uncovered, over medium heat or broil 4 in. from heat for 10-12 minutes on each side or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F), basting frequently with reserved marinade and turning once.

Pepper Steak with Squash

Ingredients

1 pound flank steak, cut into strips
2 tablespoons vegetable oil,
divided
1 medium green pepper, julienned
1 medium sweet red pepper,
julienned
2 medium zucchini, julienned
1 small onion, cut into 1/4 inch
slices
3 garlic cloves, minced
1 cup fresh or frozen snow peas
1 cup sliced fresh mushrooms
1 (8 ounce) can sliced water
chestnuts, drained
3 tablespoons cornstarch
1 (14.5 ounce) can low-sodium
beef broth
2 tablespoons light soy sauce
Hot cooked rice

Directions

In a large skillet, cook steak in 1 tablespoon oil over medium-high heat until no longer pink; drain. Remove and keep warm.

In the same skillet, heat remaining oil; saute peppers for 2 minutes. Stir in zucchini, onion and garlic; cook and stir 2 minutes longer. Add peas, mushrooms and water chestnuts. Saute until the vegetables are tender, about 2 minutes.

Return beef to the skillet. Combine cornstarch, broth and soy sauce until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Sweet and Spicy Marinade for Steak

Ingredients

3 tablespoons honey
3 tablespoons Worcestershire sauce
1/4 teaspoon vanilla extract
1 teaspoon cumin
1 tablespoon hickory-flavored liquid smoke
1 tablespoon olive oil
1 teaspoon minced onion
1 teaspoon garlic powder
1 teaspoon balsamic vinegar
salt to taste

Directions

Whisk together the honey, Worcestershire sauce, vanilla extract, cumin, liquid smoke, olive oil, onion, garlic powder, balsamic vinegar, and salt in a small bowl. Pour marinade over steaks at least 30 minutes before you cook them using your preferred method.

Microwave Swiss Steak

Ingredients

1 1/2 pounds boneless round steak (1/4 inch thick)
3 tablespoons dry onion soup mix
1 (4 ounce) can mushroom stems and pieces, drained
1 (14.5 ounce) can diced tomatoes
2 tablespoons cornstarch
1/4 teaspoon pepper
1 dash cayenne pepper

Directions

Cut steak into serving-size pieces; pound with a mallet to tenderize. Place the steak in an ungreased shallow microwave-safe dish. Sprinkle with soup mix and mushrooms. Drain tomatoes, reserving liquid; set tomatoes aside. In a bowl, combine the cornstarch and tomato liquid until smooth. Add pepper, cayenne if desired and tomatoes. Pour over meat. Cover and microwave on high for 6-7 minutes or until mixture begins to boil. Microwave, covered, at 50% power for 20-25 minutes longer or until meat is tender.

Grilled Swordfish Steaks with Cucumber Sauce

Ingredients

1 cucumber - peeled, seeded, and minced
1 cup sour cream
1 tablespoon lemon juice
1 teaspoon lemon zest
salt to taste

2 tablespoons olive oil
1/2 cup minced onion
2 cloves garlic, minced
1 cup tomato-based chili sauce
2 tablespoons apple cider vinegar
2 teaspoons Worcestershire sauce
1/8 teaspoon ground black pepper

2 pounds swordfish steaks, cut 1 1/2-inches thick
2 teaspoons olive oil
1 lemon, thinly sliced

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Stir the cucumber, sour cream, lemon juice, and lemon zest in a small bowl until combined. Season to taste with salt, and refrigerate until ready to serve. Heat 2 tablespoons of olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the chili sauce, vinegar, and Worcestershire sauce. Bring to a simmer and cook 5 minutes to blend the flavors. Season with black pepper, and remove from the heat.

Brush the swordfish steaks on all sides with the 2 teaspoons of olive oil. Cook on the preheated grill until the fish is no longer translucent in the center, and easily flakes with a fork, about 3 minutes per side. Baste with the chili sauce while grilling. Serve the swordfish with lemon slices and the cucumber sauce.

Marinated Flank Steak with Peppers

Ingredients

1 (1 1/2-pound) beef flank steak

MARINADE:

1 large clove garlic, crushed

1 lime, juice and rind

2 teaspoons oregano leaves

1 1/2 tablespoons olive oil or
vegetable oil

1 teaspoon salt

freshly ground black pepper

1 large green bell pepper

1 large red bell pepper

1 large yellow bell pepper

Directions

Place steak in a heavy plastic bag. Combine marinade ingredients, whisking to blend. Pour marinade over steak; turn to coat. Seal bag and refrigerate overnight. Grill steak and char peppers over hot coals. Cook steak about 10 minutes per side for medium doneness. Turn peppers until skins are charred and blackened; place peppers in paper sack, close and allow to steam for about 10 minutes. Remove skins; slice into strips and keep warm. Place steak on warm platter; let stand a few minutes before carving.

Asian Flair Flat Iron Steak

Ingredients

- 2 tablespoons sesame oil
- 1 tablespoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1 teaspoon Cajun seasoning
- 1 teaspoon green hot pepper sauce
- 2 teaspoons soy sauce
- 1 teaspoon teriyaki sauce
- 2 teaspoons brown sugar
- 12 ounces flat iron steak
- 3 tablespoons sesame oil
- 1/2 red bell pepper, sliced
- 2 green onions, chopped

Directions

Whisk together 2 tablespoons of sesame oil with the garlic, salt, onion powder, Cajun seasoning, hot pepper sauce, soy sauce, teriyaki sauce, and brown sugar in a bowl, then pour into a resealable plastic bag. Add the flat iron steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 12 hours.

Remove the flat iron steak from the marinade, and shake off excess. Discard the remaining marinade. Heat the remaining 3 tablespoons of sesame oil in a cast iron skillet over medium high heat until it begins to smoke. Sear the steak in the hot oil until cooked to your desired degree of doneness, about 3 minutes per side for medium. Remove the steak from the skillet and set aside to rest for 5 minutes before slicing thinly. While the steak is resting, cook the bell pepper in the hot skillet until it begins to soften, about 1 minute. Stir in the green onions, and cook for 30 seconds more. Serve the pepper mixture over the sliced steak.

Slow Cooker Tender and Yummy Round Steak

Ingredients

3 potatoes, peeled and quartered
1 onion, chopped
6 carrots, peeled and sliced into 1 inch pieces
2 pounds boneless round steak
1 (1 ounce) package dry onion soup mix
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 cup water

Directions

Place the potatoes, onion, and carrots in slow cooker. Cut steak into six pieces, then place the meat on top of vegetables. In a mixing bowl, combine the soup mix, soup, and water; pour over beef.

Cover, and cook on Low for 7 to 10 hours.

Steak Subs

Ingredients

2 1/2 tablespoons soy sauce
2 tablespoons water
ground black pepper to taste
2 teaspoons cornstarch
1 pound boneless top round
steak, sliced very thin
1 tablespoon vegetable oil
1 onion, thinly sliced
4 hoagie rolls, split lengthwise and
toasted
4 slices mozzarella cheese

Directions

In a medium bowl, stir together the soy sauce, water, pepper and cornstarch. Add the meat, and marinate for at least 1/2 hour or overnight.

Preheat your oven's broiler. Heat the oil in a large skillet over medium heat. Add onion; cook and stir until browned. Remove from the skillet and set aside. Add beef strips to the skillet and quickly fry just until browned.

Place meat, cheese and onions onto buns, and quickly melt under the broiler.

Mushroom Cube Steaks

Ingredients

1 tablespoon all-purpose flour
1/4 teaspoon salt
Dash pepper
2 (4 ounce) cube steaks
2 tablespoons butter or margarine,
divided
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce,
divided
1/2 pound fresh mushrooms,
sliced
1 tablespoon chopped onion
2 tablespoons minced fresh
parsley

Directions

In a shallow bowl or resealable plastic bag, combine flour, salt and pepper. Add steaks; dredge or toss to coat. In a skillet over medium heat, brown steak in 1 tablespoon of butter. Remove the steaks; spread each with 1/2 teaspoon mustard. Pour 1/4 teaspoon Worcestershire sauce over each; keep warm.

In the same skillet, saute the mushrooms and onion in remaining butter until tender. Add parsley and remaining Worcestershire sauce. Return steaks to skillet; cover and simmer for 5-7 minutes or until meat is tender.

Chicken Fried Steak Cuban Style

Ingredients

4 (4 ounce) cube steaks
2 eggs
3 cups dry bread crumbs
1 tablespoon dried oregano
1 teaspoon ground cumin
salt and pepper to taste
1 lemon, sliced
2 cups vegetable oil for frying

Directions

In a shallow dish, combine the breadcrumbs with the oregano, cumin, and salt and pepper. Beat eggs in another shallow dish. Dip each steak in beaten eggs, and then in the breadcrumb mixture. Make sure to cover each steak well with the breadcrumb mixture.

In a large, deep skillet, heat 1 inch oil over medium high heat.

Place the steaks in the oil when it's hot (so that the breading will not stick to the pan). Cook steaks, turning once, until brown for well done and golden brown for medium. Serve with lemon slices.

Steak and Kidney Pie with Bacon and Mushrooms

Ingredients

1/2 pound beef kidney
1 tablespoon vegetable oil
1/4 cup all-purpose flour
salt and pepper to taste
1 pound beef for stew, cut in 1 inch pieces
4 slices thick sliced bacon, cut into 1 inch pieces
1 medium onion, chopped
1 (6 ounce) package sliced mushrooms
1/2 cup beef stock
1/2 cup red wine
4 large potatoes, peeled, cut into 1-inch chunks
2 tablespoons butter
1/2 cup milk
1 (17.25 ounce) package frozen puff pastry, thawed
1 egg, beaten with 2 teaspoons water

Directions

Cut the kidneys in half, and remove the tubes and skins; rinse well under cold running water. Pat dry, and cut into 1/2 inch dice. Pour the vegetable oil into a large, heavy bottom pot, and set over medium-high heat. Season the flour to taste with salt and pepper in a bowl. Toss the kidney and stew meat in the flour; shake off the excess. Sear the meat in the hot oil until well browned, then remove. Add the bacon to the pot and cook until crisp. Stir in the onion and mushroom, and cook to soften, about 2 minutes. Pour in beef stock, wine, and browned meat; bring to a boil, stirring constantly, until the mixture starts to thicken, about 5 to 10 minutes. Reduce heat to low, and simmer 1 1/2 to 2 hours, until meat is tender. Remove from heat, and cool to room temperature.

Place potatoes in a saucepan with enough water to cover, over high heat. Bring to a boil, then reduce heat to medium-low, and simmer until potatoes are tender, about 20 minutes. Drain, then mash with the butter and milk; season with salt and pepper. Allow to cool.

Preheat oven to 375 degrees F (190 degrees C).

Press one sheet of the puff pastry into a 9 inch pie dish, and trim the edges to fit. Fill with the cooled meat mixture. Spread mashed potatoes over top, about one inch thick. Place the remaining sheet of puff pastry over the top of the pie. Trim the excess pastry around the edges, then flute the edges with a fork. Brush the top with the beaten egg.

Bake in the preheated oven for 20 to 25 minutes, or until crust is golden.

Hamburger Steak with Onions and Gravy

Ingredients

1 pound ground beef
1 egg
1/4 cup bread crumbs
1/8 teaspoon ground black pepper
1/2 teaspoon seasoned salt
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon Worcestershire sauce
1 tablespoon vegetable oil
1 cup thinly sliced onion
2 tablespoons all-purpose flour
1 cup beef broth
1 tablespoon cooking sherry
1/2 teaspoon seasoned salt

Directions

In a large bowl, mix together the ground beef, egg, bread crumbs, pepper, salt, onion powder, garlic powder, and Worcestershire sauce. Form into 8 balls, and flatten into patties.

Heat the oil in a large skillet over medium heat. Fry the patties and onion in the oil until patties are nicely browned, about 4 minutes per side. Remove the beef patties to a plate, and keep warm.

Sprinkle flour over the onions and drippings in the skillet. Stir in flour with a fork, scraping bits of beef off of the bottom as you stir. Gradually mix in the beef broth and sherry. Season with seasoned salt. Simmer and stir over medium-low heat for about 5 minutes, until the gravy thickens. Turn heat to low, return patties to the gravy, cover, and simmer for another 15 minutes.

Grilled Steak and Potato Salad

Ingredients

1/4 cup red wine vinegar
1 tablespoon Dijon mustard
2 teaspoons jarred minced garlic
1 teaspoon salt
1/2 teaspoon dried thyme leaves
1/2 teaspoon freshly ground black pepper
1/2 teaspoon granulated sugar
3/4 cup CRISCO® Oil
1 1/2 pounds small red potatoes, scrubbed and quartered
1 pound boneless sirloin, New York Strip or Delmonico steak
1/2 pound fresh green beans, cut into 1-inch pieces
1/2 pound white mushrooms, rinsed, stems trimmed and thinly sliced
1 medium red bell pepper, seeds and ribs removed and thinly sliced
1/2 small red onion, peeled and thinly sliced
1 pint cherry tomatoes, rinsed and halved
Bibb or head lettuce leaves

Directions

Whisk together vinegar, mustard, garlic, salt, thyme, pepper and sugar. Add CRISCO® Oil; whisk until thoroughly blended.

Place steak in re-sealable plastic bag. Pour one-third of dressing over meat. Marinate 30 minutes.

Place potatoes in large pot. Cover with cold water; add salt. Bring to boil on high heat. Boil for 12-15 minutes, or until tender when pierced with a knife. Drain. Place in large mixing bowl. Toss with half of remaining dressing.

Prepare grill or broiler.

Microwave green beans on high for 2 minutes, or until crisp-tender. Set aside. Add green beans, mushrooms, red bell pepper, onion and tomatoes to potatoes; toss gently to mix.

Remove steak from marinade; discard marinade. Season steak with salt and pepper.

Grill steak to desired doneness; allow to rest 5 minutes before slicing into thin slices across the grain.

Arrange lettuce leaves on 4 plates. Top with vegetable mixture. Place steak slices on top; drizzle with remaining dressing. Serve immediately.

Jim's Perfect Steak Marinade

Ingredients

2 cups soy sauce
2 cups water
2 tablespoons cider vinegar
6 cloves garlic, minced
2 tablespoons ground ginger

Directions

Stir the soy sauce, water, cider vinegar, garlic, and ginger together in a bowl. Allow meat to marinate for at least 30 minutes before cooking.

Parsley-Stuffed Flank Steak

Ingredients

1 (2 pound) beef flank steak
1/2 cup minced fresh parsley
4 teaspoons chopped garlic
1/2 cup grated Romano cheese

Directions

Butterfly the flank steak, cutting horizontally from a long side to within 1/2 in. of opposite side. Open and place on a large piece of heavy-duty aluminum foil (about 18 in. square). Sprinkle parsley, garlic and cheese over meat to within 1/2 in. of edges. Roll up tightly jell-roll style, starting with a long side. Wrap tightly in foil.

Place in a 13-in. x 9-in. x 2-in. baking dish. Bake at 325 degrees F for 1-1/2 hours or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Wrap and slice steak.

The Best Chicken Fried Steak

Ingredients

4 (1/2 pound) beef cube steaks
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon black pepper
3/4 teaspoon salt
1 1/2 cups buttermilk
1 egg
1 tablespoon hot pepper sauce (e.g. Tabasco, etc.)
2 cloves garlic, minced
3 cups vegetable shortening for deep frying

1/4 cup all-purpose flour
4 cups milk
kosher salt and ground black pepper to taste

Directions

Pound the steaks to about 1/4-inch thickness. Place 2 cups of flour in a shallow bowl. Stir together the baking powder, baking soda, pepper, and salt in a separate shallow bowl; stir in the buttermilk, egg, Tabasco Sauce, and garlic. Dredge each steak first in the flour, then in the batter, and again in the flour. Pat the flour onto the surface of each steak so they are completely coated with dry flour.

Heat the shortening in a deep cast-iron skillet to 325 degrees F (165 degrees C). Fry the steaks until evenly golden brown, 3 to 5 minutes per side. Place fried steaks on a plate with paper towels to drain. Drain the fat from the skillet, reserving 1/4 cup of the liquid and as much of the solid remnants as possible.

Return the skillet to medium-low heat with the reserved oil. Whisk the remaining flour into the oil. Scrape the bottom of the pan with a spatula to release solids into the gravy. Stir in the milk, raise the heat to medium, and bring the gravy to a simmer, cook until thick, 6 to 7 minutes. Season with kosher salt and pepper. Spoon the gravy over the steaks to serve.

Barbequed Steak

Ingredients

4 (1/2 pound) beef top sirloin steaks
1/2 cup vegetable oil
1 ounce steak spice seasoning mix

Directions

Put oil and steak spice on a large enough platter to accommodate the steaks. Coat the steak well with the oil and spices.

Preheat an outdoor grill for high heat and lightly oil grate

Grill steaks over high heat to desired doneness.

Filipino Beef Steak

Ingredients

1 lemon, juiced
3 tablespoons soy sauce
1 teaspoon white sugar
salt and pepper to taste
4 pounds New York strip steak,
sliced thin
1 tablespoon cornstarch
1/4 cup vegetable oil
3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, chopped

Directions

Whisk the lemon juice, soy sauce, sugar, salt, and pepper together in a small bowl. Place the sliced steak in a large bowl; pour the lemon juice mixture over the steak and toss to coat. Sprinkle with the cornstarch and lightly mix. Cover with plastic wrap and refrigerate at least 1 hour, up to overnight.

Heat 1/4 cup vegetable oil in a large skillet. Remove the beef slices from the marinade, shaking to remove any excess liquid. Fry the beef slices in batches in the hot oil until they start to firm, and are reddish-pink and juicy in the center, 2 to 4 minutes per side. Remove the beef slices from the skillet and set aside on a serving platter.

Heat the olive oil in a small skillet over medium heat. Cook and stir the onion and garlic in the hot oil until the onion is golden brown, 5 to 7 minutes; pour over the beef slices.

Grilled Tuna Steaks with Dill Sauce

Ingredients

1/2 cup lemon juice
1/2 cup olive oil
2 1 1/4-inch-thick tuna steaks
1/4 cup spicy brown mustard
1 teaspoon mustard powder
3 tablespoons white sugar
2 tablespoons white wine vinegar
1/3 cup olive oil
3 tablespoons dried dill

Directions

Combine the lemon juice with 1/2 cup olive oil in a sealable plastic bag; seal and shake. Add the tuna steaks and store in refrigerator to marinate while the grill preheats.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Whisk the brown mustard, mustard powder, sugar, vinegar, and 1/3 cup olive oil together in a bowl; stir in the dill.

Remove the tuna from the marinade and discard the marinade; cook the steaks on the preheated grill until the fish flakes easily with a fork, about 6 minutes per side. Drizzle the steaks with the mustard and dill sauce to serve.

The Best Steak Marinade

Ingredients

1/4 cup olive oil
1/4 cup balsamic vinegar
1/4 cup Worcestershire sauce
1/4 cup soy sauce
2 teaspoons Dijon mustard
2 teaspoons minced garlic
salt and pepper to taste

Directions

Mix olive oil, balsamic vinegar, Worcestershire sauce, soy sauce, Dijon mustard, and garlic in a small bowl. Season with salt and pepper.

Pan-fried Steak with Marsala Sauce

Ingredients

2 pounds beef chuck steaks, well trimmed
salt and pepper to taste
2 cloves garlic, crushed
1/2 cup Marsala wine
1/2 cup chicken broth
3 tablespoons butter
1/4 teaspoon dried rosemary, crushed

Directions

Heat a large, heavy skillet over high heat for 2 minutes, or until very hot. Season steaks with salt and pepper to taste.

Place steaks in hot skillet and immediately turn down the heat to medium high. Cook for 4 minutes. Turn steaks and cook for an additional 4 to 6 minutes, depending on your tastes. Remove steaks from skillet to a platter and cover with aluminum foil to keep warm.

Remove skillet from heat. Quickly saute the garlic for 1 to 2 minutes in the skillet using residual heat. Return skillet to medium low heat and add Marsala and chicken broth. Bring to a boil and reduce for 3 minutes.

Remove pan from heat and whisk in butter and rosemary. Serve sauce over steaks.

Southern Chicken Fried Steak

Ingredients

2 cups all-purpose flour
salt-free herb seasoning to taste
salt and ground black pepper to taste
2 eggs, beaten
2 pounds veal cutlets
1/4 cup oil for frying

Directions

In a shallow bowl, combine flour, herb seasoning, salt and pepper. In another bowl, place the beaten eggs. Coat each veal cutlet with the flour mixture, then dip into egg, then back into the flour mixture.

Heat oil in a large heavy skillet over medium-high heat. Place veal cutlets into hot oil, and cook until browned, about 10 minutes on each side.

Steak Parmesan

Ingredients

1 cup dry bread crumbs
1/2 cup grated Parmesan cheese
salt and pepper to taste
2 pounds cube steak
1/4 cup vegetable oil for frying
1 (32 ounce) jar spaghetti sauce

Directions

In a medium bowl, combine the bread crumbs, Parmesan cheese, salt, and pepper. Dredge the meat in the crumbs.

Heat oil in a large skillet over medium-high heat. Place the breaded meat in the oil, and saute for 5 to 10 minutes, or until well browned on both sides.

Drain excess oil, and pour in the spaghetti sauce. Reduce heat to low, and simmer for 30 minutes.

Cook's Ham Steak with Classic Cherry Glaze

Ingredients

1 (2 pound) Cook's® brand Bone-In Thick Cut Ham Steak
1 (12 ounce) jar cherry preserves
1/4 cup honey
1/4 cup red wine vinegar
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon salt

Directions

Preheat charcoal or gas grill.

In a small saucepan, combine all ingredients except ham. Simmer for five minutes.

Place ham steaks on grill over medium heat. Grill 3 minutes. Turn ham steak; brush with half of cherry mixture and continue to grill 3 minutes. Turn again; brush with remaining half of cherry mixture and continue to grill 1 to 2 minutes or until ham is glazed and heated through. Serve with any remaining cherry sauce.

Sensational Steak Sandwich

Ingredients

2 tablespoons olive oil
1 pound thinly sliced sirloin steak strips
8 ounces sliced fresh mushrooms
1 green bell pepper, seeded and cut into strips
1 medium onion, sliced
10 slices provolone cheese
1 loaf French bread
1 (14 ounce) can beef broth
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
2 tablespoons Worcestershire sauce
1/8 teaspoon red pepper flakes
1/4 cup Pinot Noir or other dry red wine
1/2 cup prepared horseradish (optional)
1/2 cup brown mustard (optional)

Directions

Heat the oil in a large skillet over medium heat. Add the beef, and cook until browned. Add the mushrooms, bell pepper and onion; cook and stir until starting to become tender, about 5 minutes.

In a slow cooker, combine the beef broth, salt, pepper, Worcestershire sauce, red pepper flakes and red wine. Transfer the beef and vegetables to the slow cooker, and stir to blend. Cover, and cook on High for 3 to 4 hours, until beef is extremely tender.

Preheat the oven to 425 degrees F (220 degrees C). Drain the liquid from the slow cooker, and save for dipping. Slice the French bread loaf lengthwise like a submarine sandwich. Mix together the horseradish and mustard; spread onto the inside of the loaf. Place slices of provolone cheese on both sides of the loaf, then fill with the beef and vegetables. Close the loaf, and wrap the entire sandwich with aluminum foil.

Bake for 10 to 15 minutes in the preheated oven. For crunchier bread, you can bake it without the aluminum foil. Slice into servings, and serve with the juices from the slow cooker for dipping.

Simple Salisbury Steak

Ingredients

1 egg
1/3 cup dry bread crumbs
1 (10.75 ounce) can reduced-fat,
reduced-sodium condensed
cream of mushroom soup,
undiluted, divided
1/4 cup finely chopped onion
1 pound lean ground beef
1/2 cup fat-free milk
1/4 teaspoon browning sauce
(optional)
1/4 teaspoon salt
1 1/2 cups sliced fresh
mushrooms

Directions

In a bowl, combine the egg, bread crumbs, 1/4 cup soup and onion. Crumble the beef over mixture and mix well. Shape into six patties. In a large nonstick skillet, brown the patties on both sides; drain.

In a bowl, combine the milk, browning sauce if desired, salt and remaining soup; stir in mushrooms. Pour over patties. Reduce heat; cover and simmer for 15-20 minutes or until meat is no longer pink.

Flank Steak a la Willyboy

Ingredients

1/4 cup honey
1/4 cup soy sauce
1/2 cup red wine
1 clove garlic, crushed
1 pinch dried rosemary, crushed
1 pinch hot chili powder (optional)
1 pinch freshly ground black pepper
1 pound flank steak

Directions

In a medium bowl, mix together the honey, soy sauce, and red wine. Stir in garlic, rosemary, chili powder, and pepper. Let stand for 15 minutes to blend the flavors.

Place the marinade and the steak into a large resealable plastic bag. Press out most of the air, seal, and lay flat in the refrigerator. Refrigerate for 24 hours, turning once halfway through.

Preheat grill for high heat.

Brush grill grate with oil. Discard marinade, and grill the flank steak for 7 minutes per side, or to desired doneness. Let stand for 10 minutes before slicing very thinly against the grain.

Slow Cooker Salisbury Steak

Ingredients

2 pounds lean ground beef
1 (1 ounce) envelope dry onion soup mix
1/2 cup Italian seasoned bread crumbs
1/4 cup milk
1/4 cup all-purpose flour
2 tablespoons vegetable oil
2 (10.75 ounce) cans condensed cream of chicken soup
1 (1 ounce) packet dry au jus mix
3/4 cup water

Directions

In a large bowl, mix together the ground beef, onion soup mix, bread crumbs, and milk using your hands. Shape into 8 patties.

Heat the oil in a large skillet over medium-high heat. Dredge the patties in flour just to coat, and quickly brown on both sides in the hot skillet. Place browned patties into the slow cooker stacking alternately like a pyramid. In a medium bowl, mix together the cream of chicken soup, au jus mix, and water. Pour over the meat. Cook on the Low setting for 4 or 5 hours, until ground beef is well done.

Poached Tuna Steaks

Ingredients

1 1/2 cups water
1 tablespoon fresh lemon juice
1 teaspoon cayenne pepper
salt and pepper to taste
2 (4 ounce) albacore tuna steaks
3 kumquats - rinsed, seeded and sliced
1/3 cup chopped fresh cilantro

Directions

In a medium saucepan over medium heat, mix water, lemon juice, and cayenne pepper. Season with salt and pepper. Bring to a gentle boil.

Place tuna steaks into the mixture, and sprinkle with kumquats and cilantro. Cook 15 minutes, until fish is easily flaked with a fork.

Wall's T-Bone Steak Marinade

Ingredients

1 cup vegetable oil
3/4 cup soy sauce
1/2 cup lemon juice
1/4 cup Worcestershire sauce
1/4 cup prepared yellow mustard
4 cloves garlic, minced
ground black pepper to taste

Directions

Whisk the vegetable oil, soy sauce, lemon juice, Worcestershire sauce, mustard, garlic, and pepper together in a bowl until combined.

To use the marinade, place the meat in the bag, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator at least 2 hours. Discard the marinade after it has been used.

Chinese Pepper Steak

Ingredients

1 pound beef top sirloin steak
1/4 cup soy sauce
2 tablespoons white sugar
2 tablespoons cornstarch
1/2 teaspoon ground ginger
3 tablespoons vegetable oil,
divided
1 red onion, cut into 1-inch
squares
1 green bell pepper, cut into 1-
inch squares
2 tomatoes, cut into wedges

Directions

Slice the steak into 1/2-inch thick slices across the grain.

Whisk together soy sauce, sugar, cornstarch, and ginger in a bowl until the sugar has dissolved and the mixture is smooth. Place the steak slices into the marinade, and stir until well-coated.

Heat 1 tablespoon of vegetable oil in a wok or large skillet over medium-high heat, and place 1/3 of the steak strips into the hot oil. Cook and stir until the beef is well-browned, about 3 minutes, and remove the beef from the wok to a bowl. Repeat twice more, with the remaining beef, and set the cooked beef aside.

Return all the cooked beef to the hot wok, and stir in the onion. Toss the beef and onion together until the onion begins to soften, about 2 minutes, then stir in the green pepper. Cook and stir the mixture until the pepper has turned bright green and started to become tender, about 2 minutes, then add the tomatoes, stir everything together, and serve.

Old-Fashioned Swiss Steak

Ingredients

3/4 pound beef top round steak
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon all-purpose flour
1 tablespoon canola oil
1 medium onion, chopped
1 (5.5 ounce) can tomato juice
1/2 cup diced canned tomatoes
2 teaspoons lemon juice
2 teaspoons Worcestershire sauce
1 1/2 teaspoons brown sugar
1/2 teaspoon prepared mustard

Directions

Cut steak into two pieces; sprinkle with salt and pepper. Using a mallet, pound flour into the meat. In a large skillet, brown meat in oil on both sides. Transfer to a shallow 1-qt. baking dish coated with nonstick cooking spray.

In the same skillet, saute onion in drippings until tender. Stir in the remaining ingredients. Pour over meat. Cover and bake at 350 degrees F for 1-1/2 hours or until tender.

Cheese-Stuffed Flank Steak

Ingredients

3/4 pound beef flank steak
1 (6 ounce) can pineapple juice
1 tablespoon Worcestershire sauce
1 small onion, chopped
1/2 teaspoon dried thyme
1/4 teaspoon dried rosemary, crushed
1/4 teaspoon salt
1/8 teaspoon pepper
STUFFING:
1/2 cup soft bread crumbs
1/2 cup shredded Cheddar cheese
2 tablespoons chopped pecans
4 1/2 teaspoons finely chopped onion
4 1/2 teaspoons minced fresh parsley
1/4 teaspoon dried minced garlic
1 tablespoon vegetable oil

Directions

Flatten steak to 1/4-in. thickness. In a bowl, combine the pineapple juice, Worcestershire sauce, onion, thyme, rosemary, salt and pepper. Pour half of the marinade into a resealable plastic bag; add meat. Seal bag and turn to coat; refrigerate for 4-8 hours. Cover and refrigerate remaining pineapple juice mixture.

Drain and discard marinade from meat. For stuffing, in a bowl, combine the bread crumbs, cheese, pecans, onion, parsley and garlic. Sprinkle stuffing over meat. Roll up jelly-roll style, starting with a short side. Tie with kitchen string.

In a small skillet, brown meat in oil until browned on all sides. Pour reserved marinade into skillet. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until tender. Thicken pan juices if desired.

Best Steak Marinade in Existence

Ingredients

1/3 cup soy sauce
1/2 cup olive oil
1/3 cup fresh lemon juice
1/4 cup Worcestershire sauce
1 1/2 tablespoons garlic powder
3 tablespoons dried basil
1 1/2 tablespoons dried parsley flakes
1 teaspoon ground white pepper
1/4 teaspoon hot pepper sauce (optional)
1 teaspoon dried minced garlic (optional)

Directions

Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.

Pour marinade over desired type of meat. Cover, and refrigerate for up to 8 hours. Cook meat as desired.

Autumn Spice Ham Steak

Ingredients

1 1/2 tablespoons butter
1 (2 pound) ham steak
1 red apple, cored and thinly sliced
1 green apple, cored and thinly sliced
1/2 cup maple flavored pancake syrup
1 teaspoon ground cinnamon

Directions

Melt the butter in a large skillet over medium-high heat. Fry the ham on both sides in the butter until browned. Lay the sliced apple over the ham. Pour the syrup over the apples. Reduce heat to medium, and simmer, stirring occasionally until the apples are cooked through.

Sprinkle with cinnamon, and serve immediately.

Garlic-Pepper Tenderloin Steaks

Ingredients

- 1 1/2 teaspoons minced garlic
- 1 teaspoon ground mustard
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 4 (4 ounce) beef tenderloin steaks
- 2 teaspoons olive oil

Directions

In a small bowl, combine the seasonings. Brush steaks with oil; rub in seasoning mixture. Cover and refrigerate for at least 1 hour.

If grilling the steaks, coat grill rack with nonstick cooking spray before starting the grill. Grill steaks, uncovered, over medium heat or broil 4-6 in. from the heat for 7-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Flank Steak Barbecue

Ingredients

1/4 cup soy sauce
2 tablespoons distilled white vinegar
3 tablespoons honey
1 1/2 teaspoons garlic powder
1 1/2 teaspoons ground ginger
1 green onion, thinly sliced
3/4 cup vegetable oil
1 (1 1/2-pound) flank steak

Directions

Whisk together the soy sauce, vinegar, honey, garlic powder, ground ginger, green onion, and vegetable oil in a bowl; pour into a resealable plastic bag. Add the flank steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator at least 4 hours.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Remove the flank steak from the marinade and shake off excess. Pour the remaining marinade into a small saucepan and set aside.

Cook the flank steak on the preheated grill until it begins to firm, and is reddish-pink and juicy in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Once cooked, cover the steak with several sheets of aluminum foil, and set aside to rest for 10 minutes before slicing thinly against the grain.

While the steak is resting, bring the marinade to a boil over medium-high heat. Pour the sauce over the sliced steak to serve.

Rosemary Pesto-Crusted Lamb Steaks

Ingredients

1/3 cup chopped fresh parsley
1 1/2 tablespoons chopped fresh rosemary
1 clove garlic, chopped
2 tablespoons grated Parmesan cheese
1 tablespoon olive oil
1/3 cup dry bread crumbs
salt and pepper to taste
1 egg, beaten
2 (3 ounce) boneless lamb rump steaks
2 tablespoons olive oil

Directions

Puree the parsley, rosemary, garlic, Parmesan cheese, 1 tablespoon olive oil, and bread crumbs in a blender until smooth. Season to taste with salt and pepper; set aside. Brush the lamb steaks on one side with the beaten egg. Spread the rosemary pesto onto the egg-coated side of the lamb, coating liberally.

Heat the remaining 2 tablespoons of olive oil in a skillet over medium heat. Place the lamb steaks into the pan, pesto-side down. Cook 3 to 4 minutes until the pesto mixture has lightly browned. Turn the steaks over, and continue cooking until done to your desired degree of doneness, 3 to 4 minutes for medium.

Murphy Steaks

Ingredients

2 pounds beef tenderloin steaks
1 bulb garlic, cloves separated
and peeled
salt to taste
ground black pepper to taste

Directions

Separate garlic bulb into cloves, and peel. Cut into lengthwise strips.

Using a sharp knife, punch holes into steak. Stuff holes with garlic strips. Cover, and refrigerate for at least 4 hours.

Preheat grill for hot heat.

Lightly oil grate. Place stuffed steaks on hot grill, garlic side up. Cook for 4 to 5 minutes, turn, and season with salt and pepper. Continue cooking until done, another 4 to 5 minutes.

Tomato Pepper Steak

Ingredients

1 1/2 pounds (1/2 inch thick) beef round steak
1 tablespoon cooking oil
1 cup beef broth
2 celery ribs, chopped
1 garlic clove, minced
3 tablespoons soy sauce
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon pepper
1 (14.5 ounce) can diced tomatoes, undrained
2 medium green peppers, julienned
1 medium onion, cut into thin wedges
1 cup sliced fresh mushrooms
2 tablespoons cornstarch
3/4 cup cold water
Hot cooked rice

Directions

Cut beef into 3-in. x 1/4-in. strips. Heat oil in a large skillet; brown beef over medium-high heat. Add broth, celery, garlic, soy sauce, ginger, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 55-60 minutes or until the meat is tender. Add tomatoes, peppers and onion; bring to a boil. Reduce heat; cover and simmer for 5 minutes. Add mushrooms; cover and simmer for 5 minutes or until vegetables have reached desired tenderness. Combine cornstarch and water until smooth; add to pan. Bring to a boil; cook and stir for 2 minutes. Serve over rice.

Scrumptious Korean Steak

Ingredients

2 pounds thinly sliced Scotch fillet
(chuck eye steaks)
1/2 cup soy sauce
5 tablespoons SLENDA® No
Calorie Sweetener, Granulated
2 1/2 tablespoons sesame seeds
2 tablespoons sesame oil
3 shallots, thinly sliced
2 cloves garlic, crushed
5 tablespoons mirin (Japanese
sweet wine)

Directions

In a large bowl, stir together the soy sauce, SLENDA® Granulated Sweetener, sesame seeds, sesame oil, shallots, garlic, and mirin. Add the meat, and stir to coat. Cover and refrigerate for 12 to 24 hours.

Heat a large skillet over medium heat. Fry the meat for 5 to 10 minutes, or until no longer pink. Serve with salad or fried rice.

New York Steaks with a Vanilla and Cherry Sauce

Ingredients

2 (8 ounce) New York strip steaks
2 tablespoons Worcestershire sauce
salt and pepper to taste

3/4 cup red wine
1 pint fresh cherries, pitted and halved
1 tablespoon white sugar
1 tablespoon vanilla extract
1/2 teaspoon cornstarch
1/4 cup water

Directions

Preheat an outdoor grill for high heat, and lightly oil the grate. Rub the New York steaks on both sides with the Worcestershire sauce, then season to taste with salt and pepper.

Cook the steaks on the preheated grill until they are beginning to firm, and are hot and slightly pink in the center, 6 to 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Once the steaks are done, cover them with two layers of aluminum foil, and allow to rest in a warm area for 10 minutes.

While the steaks are cooking, prepare the cherry sauce by bringing the red wine to a boil in a saucepan over medium-high heat; boil for 5 minutes. Stir in the cherries, sugar, and vanilla extract. Return to a boil, then reduce heat to medium, and simmer until the cherries are tender, 5 to 7 minutes. Dissolve the cornstarch in the water, then stir into the simmering cherry sauce. Cook for a few minutes until the cherry sauce thickens. Pour the sauce over the steaks to serve.

Grilled Pepper Steak Salad

Ingredients

2 1/2 teaspoons minced garlic, divided
1 teaspoon freshly ground black pepper
1 pound lean skirt steak or flank steak
8 cups packed torn romaine lettuce or mixed salad greens
1 large tomato, seeded, chopped
1 ripe avocado, peeled, seeded, diced
1 1/4 cups Sargento® Shredded Reduced Sodium Mild Cheddar Cheese, divided
1/4 cup thinly sliced red onion (optional)
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice or white wine vinegar
2 teaspoons pureed chipotle chilies in adobo sauce (optional)

Directions

Rub 2 teaspoons garlic and pepper over steak. Grill over medium-hot heat on a covered grill 3 to 5 minutes per side for medium doneness depending on thickness of steak. Transfer steak to a carving board; tent with foil and let stand 5 minutes.

Meanwhile, combine lettuce, tomato, avocado, 1 cup cheese and red onion in a large bowl. Combine oil, lemon juice and remaining garlic in a small bowl; mix well. For a spicier dressing, add chipotle chilies. Add mixture to bowl; toss with lettuce mixture. Transfer to four serving plates.

Carve steak crosswise into thin slices; arrange over salads. Top with remaining cheese.

Caribbean Beef Loin Steaks

Ingredients

1 fluid ounce coconut-flavored rum
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon ground cinnamon
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
1/4 teaspoon dried sage
1/2 teaspoon white vinegar
1 tablespoon fresh lemon juice
4 slices onion
6 (8 ounce) beef top sirloin steaks
1 tablespoon olive oil

Directions

Whisk together the rum, salt, pepper, cinnamon, powder, oregano, sage, vinegar, and lemon juice in a bowl; pour into a gallon-sized, resealable plastic bag. Add the onion and steaks to the marinade. Seal the bag, squeezing out as much air as possible. Allow to marinate in refrigerator 2 1/2 hours.

Heat the olive oil in a large skillet over medium heat. Cook the steaks with the skillet covered to desired doneness, about 3 minutes per side for medium rare.

Grilled Flat Iron Steak with Blue Cheese-Chive

Ingredients

2 tablespoons red wine vinegar
2 cloves garlic, minced
1 tablespoon cracked black pepper
1 teaspoon dried rosemary leaves, crumbled
1 teaspoon dried oregano
1/4 teaspoon kosher salt
1/4 cup olive oil
1 1/2 pounds flat iron steak
3 tablespoons softened unsalted butter
1 ounce crumbled blue cheese
1 tablespoon chopped fresh chives
1/8 teaspoon cracked black pepper

Directions

Whisk together vinegar, garlic, 1 tablespoon black pepper, rosemary, oregano, and kosher salt in a bowl along with the olive oil. Place the flat iron steak into a resealable plastic bag, and pour the marinade overtop. Squeeze the excess air from the bag and seal. Marinate in the refrigerator 30 minutes.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Remove steak from the marinade, shake off excess, and discard the remaining marinade. Allow the steak to stand at room temperature for 15 minutes as the grill warms.

Mash together the butter, blue cheese, chives, and 1/8 teaspoon of black pepper; set aside. Cook the steak on the preheated grill to desired degree of doneness, about 5 minutes per side for medium-rare. Allow the steak to rest in a warm place for 10 minutes before slicing thinly across the grain. Serve with a dollop of blue cheese-chive butter.

Big Joe's Venison Steak in Chestnut Sauce

Ingredients

6 ounces chestnuts
3 tablespoons butter
1/2 cup chopped onions
1/2 cup chopped carrots
3 tablespoons all-purpose flour
1 1/2 cups beef broth
1/2 bay leaf, crumbled
1 teaspoon coarsely ground black pepper
1 teaspoon salt
4 tablespoons Madeira wine
2 (6 ounce) venison steaks (about 1 1/4 inches thick)

Directions

Preheat oven to 425 degrees F (200 degrees C). Slice the skin to allow steam to escape. Place the chestnuts in a baking pan, and bake in the preheated oven for 15 minutes. Remove from oven, and cool. Peel off the shell, and chop. You should have about 1 cup chopped chestnuts.

Melt butter in a large skillet over medium heat. Cook, stirring often, the onions and carrots in the butter until soft. Stir in the flour, and cook until the flour browns. Mix in the broth, and season with bay leaf, and salt and pepper. Simmer for 15 minutes.

Preheat broiler, and position a rack 5 inches below the broiler element. Place the venison steaks in a broiling pan. Cook 5 minutes on each side. Transfer to a hot platter.

Strain the solids from the broth, and return the broth to the pan. Stir in Madeira and chestnuts. Pour hot chestnut sauce over venison steaks, and serve.

Pepper Steak

Ingredients

1 pound boneless beef sirloin steak
2 tablespoons cooking oil
1 garlic clove, minced
1 teaspoon ground ginger
1 teaspoon salt
1/2 teaspoon pepper
3 large green bell peppers, thinly sliced
2 large onions, thinly sliced
3/4 teaspoon beef bouillon granules
3/4 cup hot water
1 (8 ounce) can sliced water chestnuts, drained
1 tablespoon cornstarch
1/4 cup soy sauce
1/4 cup water
1/2 teaspoon sugar

Directions

Cut steak into 2-in. x 1/8-in. strips. In a large skillet or wok, brown steak in oil. Add garlic, ginger, salt if desired and pepper; cook 1 minute. Remove meat and keep warm. Add green pepper and onions to skillet; cook and stir for 5 minutes or until crisp-tender. Dissolve bouillon in hot water; add to skillet with water chestnuts. Combine cornstarch, soy sauce, cold water and sugar; stir into skillet. Add meat. Cook and stir until mixture boils; cook and stir 2 minutes more.

Sassy Steak Spray

Ingredients

1/4 cup sweet vermouth
1/4 cup brandy
1 tablespoon liquid smoke
flavoring
1/8 cup Kitchen Bouquet
1/2 cup Worcestershire sauce
1 teaspoon steak seasoning
1 teaspoon seasoned salt
1/2 teaspoon ground black
pepper

Directions

In a new spray bottle, combine the vermouth, brandy, liquid smoke, Kitchen Bouquet, Worcestershire sauce, steak seasoning, seasoned salt, and pepper. Secure the lid and shake to blend. Spray onto steaks as they are grilling.

Crumbed Avocado Steak

Ingredients

4 Scotch fillets (chuck eye)
1/2 cup all-purpose flour
salt and ground black pepper to taste
2 eggs
3 cups fresh bread crumbs
2 tablespoons chopped fresh parsley
1/4 cup butter
2 tablespoons vegetable oil
1 avocado - peeled, pitted and sliced
Mustard Sauce
3 egg yolks
1 tablespoon lemon juice
salt and pepper to taste
2 teaspoons Dijon mustard
1/2 cup butter, diced and softened

Directions

Pound the steaks out to 1/2 inch thickness.

Coat steaks lightly with flour seasoned with salt and pepper. Dip steaks into lightly-beaten eggs, then coat with combined breadcrumbs and parsley, pressing on firmly. Place steaks on to tray, and refrigerate until ready to cook.

In a large frying pan, heat 1/4 cup butter and oil over medium-high heat. Cook steaks until golden brown, and cooked to desired doneness. Remove from pan, and keep warm.

In a metal bowl, whisk together egg yolks, lemon juice, salt, pepper, and mustard. Place the bowl over simmering water, and stir until sauce is thick and creamy. Whisk in the remaining 1/2 cup softened butter, and remove from heat.

Place steaks onto serving plates, place two slices of avocado on each steak, and spoon the Mustard Sauce over each one.

Venison Steak with Peppers and Onions

Ingredients

2 1/2 tablespoons beef broth
2 1/2 tablespoons dry sherry
4 teaspoons soy sauce
1 teaspoon salt
1/4 teaspoon ground white pepper
1 pound lean venison, cut into thin strips
1 teaspoon curing salt (e.g., Morton® Tender Quick®)
2 teaspoons steak seasoning
1 onion, halved and sliced
3 bell peppers, sliced into thin strips
2 tablespoons vegetable oil
1 tablespoon cornstarch

Directions

In a medium bowl, stir together the beef broth, sherry, soy sauce, salt and pepper. Season the meat with curing salt and steak seasoning, then place it in the bowl with the marinade. Cover and refrigerate for 2 to 3 hours.

Heat one tablespoon of oil in a large skillet over medium-high heat. Use tongs or a slotted spoon to transfer the venison to the skillet, reserving the marinade. Cook and stir until browned and cooked through, 3 to 5 minutes, depending on the size of your pieces. Remove to a clean bowl.

Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the onion and bell pepper strips; cook and stir until starting to become tender, 2 to 3 minutes. Remove them from the pan and place them in the bowl with the meat.

Dissolve the cornstarch in 2 tablespoons of the reserved marinade. Pour the rest of the marinade into the skillet. Bring to a boil, then simmer over medium heat for a minute. Stir in the cornstarch slurry and continue to cook, stirring slowly until thickened, about 1 minute. Return the meat and vegetables to the skillet and stir until coated with the sauce. Transfer to a serving dish.

Salmon Steaks With Veggie Cream Sauce

Ingredients

6 salmon steaks (1 inch thick)
2 tablespoons lemon juice
1/2 teaspoon salt
1 1/2 cups frozen pearl onions
3/4 cup frozen peas
1 (8 ounce) package cream cheese, cubed
3 tablespoons milk
1 teaspoon dill weed
1/2 cup dry bread crumbs
2 tablespoons butter

Directions

Place the salmon steaks in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with lemon juice and salt. Bake, uncovered, at 350 degrees F for 20-25 minutes or until fish flakes easily with a fork.

Meanwhile, in a saucepan, combine the onions, peas, cream cheese, milk and dill. Cook and stir over low heat until cheese is melted and sauce is heated through. In a small skillet, saute bread crumbs in butter until lightly browned. Spoon the sauce over salmon steaks; sprinkle with toasted crumbs.

Steak Strips with Spaghetti

Ingredients

1 medium onion, chopped
1/4 cup finely chopped green pepper
1 tablespoon butter or stick margarine
1 pound boneless beef sirloin steak, cut into strips
1 (8 ounce) can tomato sauce
1 cup water
1/4 teaspoon salt-free seasoning blend
1/4 teaspoon dried thyme
1/8 teaspoon pepper
1/2 cup shredded part-skim mozzarella cheese
6 cups hot, cooked spaghetti

Directions

In a nonstick skillet, saute onion and green pepper in butter until tender; remove and set aside. In the same skillet, brown beef; drain. Add tomato sauce, water, seasoning blend, thyme, pepper and vegetables. Cover and simmer for 20-30 minutes or until meat is tender.

Remove from the heat. Sprinkle with cheese; cover and let stand for 5 minutes or until cheese is melted. Serve over spaghetti.

Gin and Spice Flank Steak

Ingredients

2 teaspoons juniper berries
1 1/2 teaspoons allspice berries
1 1/2 teaspoons black
peppercorns
1 teaspoon kosher salt
1 (1 1/2-pound) flank steak,
trimmed
1 cup beef broth
2 teaspoons juniper berries
3/4 cup heavy cream
3 tablespoons dry gin
1 tablespoon olive oil

Directions

Grind 2 teaspoons juniper berries, the allspice berries, and the peppercorns in a spice grinder until coarsely ground, then stir in the salt. Press the ground spices into both sides of the flank steak; set aside to marinate at least 30 minutes.

Bring beef broth and remaining juniper berries to a simmer in a small saucepan over medium heat. Simmer until the broth has reduced by 1/4, about 5 minutes. Stir in heavy cream and gin. Return to a simmer, and cook until reduced by half, about 10 minutes. Keep sauce warm over very low heat.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Brush the flank steak with olive oil on both sides. Cook on preheated grill until cooked to desired degree of doneness, about 4 minutes per side for medium. Place steak on a plate, and allow to rest for 5 minutes.

Slice the steak thinly and place onto a serving dish. Remove the juniper berries from the gin sauce and discard. Serve the sliced steak accompanied by the gin sauce.

Stuffed Flank Steak

Ingredients

1 (1 1/4 pound) beef flank steak
1/2 cup soy sauce
1/4 cup vegetable oil
2 tablespoons molasses
2 teaspoons ground mustard
1 teaspoon ground ginger
1 clove garlic, minced
1 1/2 cups cooked long-grain rice
1 medium carrot, shredded
1/2 cup sliced water chestnuts
1/4 cup sliced green onions

Directions

Starting along one long side, cut a horizontal slit through the steak to within 1/2 in. of the opposite side. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Combine the soy sauce, oil, molasses, mustard, ginger and garlic; set aside 1/4 cup. Pour remaining marinade over meat. Let stand for 30 minutes.

Meanwhile, combine the rice, carrot, water chestnuts, onions and reserved marinade. Stuff into steak. Cover and bake at 350 degrees F for 45 minutes. Uncover; baste with pan drippings. Bake 15-20 minutes longer or until meat is tender. Brush again with pan drippings if desired.

Country Fried Steak

Ingredients

1 egg
1/4 cup milk
1 cup all-purpose flour
1 (4 ounce) packet saltine
crackers, crushed
1 1/2 teaspoons seasoned salt
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 1/2 teaspoons Montreal steak
seasoning
4 (4 ounce) cube steaks
2 tablespoons vegetable oil

Directions

Whisk together the egg and milk in a shallow bowl; set aside.

Whisk together the flour, crushed saltines, seasoned salt, onion powder, and steak seasoning. Dip the steaks in the egg mixture, then press each steak in the flour mixture. Pat the flour mixture into the steaks to coat them completely.

Heat oil in a large skillet over medium-high heat, and fry the steaks until they are golden brown, firm, hot in the center, and just turning from pink to grey, about 4 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Men Love This Steak

Ingredients

2 (8 ounce) beef rib-eye steaks,
cut 3/4 inch thick
1 teaspoon steak seasoning
3 thick slices bacon
2 teaspoons butter
1/4 teaspoon Worcestershire
sauce
3/4 teaspoon Dijon mustard
1/2 cup thinly sliced red bell
pepper
8 ounces small mushrooms,
quartered
2 tablespoons crumbled blue
cheese

Directions

Prepare an outdoor grill using charcoal briquettes stacked 2 to 3 deep. Season the steaks on both sides with steak seasoning.

While the charcoal heats up, fry the bacon in a skillet over medium-high heat until crisp. Remove from the skillet and drain on paper towels. Leave grease in the pan.

When the charcoal is covered with gray ashes, put the steaks on the grill. Cook for 12 minutes, turning once, or to your desired degree of doneness.

While the steaks are cooking, stir the butter, Worcestershire sauce and mustard into the bacon grease. Cook and stir over medium-high heat until butter has melted. Add the red bell pepper and mushrooms; cook and stir until tender.

To serve, place steaks onto plates. Top with bacon, then blue cheese and then the vegetables. Serve immediately.

Sesame Lime Steak Wraps

Ingredients

1/2 pound eye of round, thinly sliced
1/4 cup lime juice
1/4 cup honey
1 tablespoon vegetable oil
2 teaspoons toasted sesame seeds
2 teaspoons reduced-sodium soy sauce
1 teaspoon sesame oil
1 teaspoon finely chopped fresh ginger root
4 leaves red leaf lettuce - rinsed, dried and torn
4 (8 inch) flour tortillas

Directions

Place sliced beef in a shallow bowl. In a jar, combine lime juice, honey, oil, sesame seeds, soy sauce, sesame oil and grated ginger. Seal lid tightly, and shake until well combined. Pour over beef, and marinate 30 minutes.

Heat a nonstick skillet until very hot. Pour beef and marinade into pan, and saute on high heat until steak is evenly brown. Remove beef with a slotted spoon. Continue boiling marinade until reduced by half, stirring frequently to prevent burning, about 5 minutes. Put steak slices back into marinade, mix well, and set aside to cool slightly.

Place lettuce leaves on tortillas, and evenly distribute steak slices between all tortillas. Fold bottom of tortilla up by 1/3, then tightly roll from the side until wrapped.

Crock Pot or Slow Cooked Flank Steak

Ingredients

3 pounds flank steak
salt and ground black pepper to taste
1 large carrot, chopped
1 large onion, chopped
1/4 teaspoon ground dried thyme
1 bay leaf
1/2 cup water

Directions

Season the flank steak with salt and pepper and place into a slow cooker. Add the carrot and onion; season with thyme and bay. Pour in the water.

Cook on High for 4 hours; turn the steak over and press down into the liquid. Continue cooking until a fork easily passes through the meat, about 4 hours more.

Steak and Kidney Pie II

Ingredients

1 recipe pastry for a 9 inch single crust pie
1 pound beef kidney
2 pounds round steak, cubed
2 tablespoons lard
2 onions, chopped
2 teaspoons salt
1/4 teaspoon ground black pepper
1/2 teaspoon dried thyme
1 bay leaf
2 teaspoons Worcestershire sauce
2 cups water
4 cups diced potatoes
6 tablespoons all-purpose flour

Directions

Cover beef kidney with lightly salted water. Cover, and refrigerate overnight. Drain off water. Cut out tubes and white membrane with scissors. Dice meat

In a stew pot, brown kidney and steak in hot fat. Add onions, seasonings, and 1 1/2 cups water. Simmer until meat is almost tender, about 1 hour.

Add potatoes and continue simmering until potatoes are tender, about 1/2 hour.

Blend together flour and remaining 1/2 cup water; stir into meat mixture. Continue cooking and stirring until mixture thickens. Pour into 3 quart casserole.

Roll out pastry slightly larger than top of casserole. Place over meat mixture, and trim to overhang 1 inch. Fold under, and flute against inside edge of casserole. Cut several steam vents in center.

Bake at 425 degrees F (220 degrees C) until lightly browned, about 30 minutes.

Seared Ahi Tuna Steaks

Ingredients

2 (5 ounce) ahi tuna steaks
1 teaspoon kosher salt
1/4 teaspoon cayenne pepper
1/2 tablespoon butter
2 tablespoons olive oil
1 teaspoon whole peppercorns

Directions

Season the tuna steaks with salt and cayenne pepper.

Melt the butter with the olive oil in a skillet over medium-high heat. Cook the peppercorns in the mixture until they soften and pop, about 5 minutes. Gently place the seasoned tuna in the skillet and cook to desired doneness, 1 1/2 minutes per side for rare.

Tarragon Tuna Steaks

Ingredients

3 tablespoons olive oil
2 cloves garlic, peeled and minced
2 tablespoons tarragon vinegar
1/2 teaspoon dried tarragon
freshly ground black pepper to taste
1 1/2 pounds fresh tuna steaks

Directions

In a medium bowl, whisk together olive oil, garlic, tarragon vinegar, dried tarragon and pepper. Place tuna steaks into the mixture. Cover and marinate in the refrigerator at least 4 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill tuna steaks 8 to 10 minutes per side, until the tuna flakes easily and is opaque in the center.

Teriyaki Finger Steaks

Ingredients

1/2 cup soy sauce
1/4 cup cider vinegar
2 tablespoons brown sugar
2 tablespoons finely chopped onion
1 tablespoon vegetable oil
1 garlic clove, minced
1/2 teaspoon ground ginger
1/8 teaspoon pepper
2 pounds boneless beef sirloin steak

Directions

In a bowl, combine the first eight ingredients. Trim fat from steak and slice across the grain into 1/2-in. strips; place in a large resealable plastic bag; add marinade. Seal bag and turn to coat. Refrigerate for 2-3 hours.

Drain, discarding marinade. Loosely thread meat strips onto six metal or soaked wooden skewers. Grill, uncovered, over medium-hot heat for 7-10 minutes or until meat reaches desired doneness, turning often.

Lomo de Res, Cuban-Style Rib-Eye Steaks

Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon meat tenderizer
- 1 tablespoon seasoning salt
- 2 pounds rib-eye steak, 1/4 inch thick
- 1 onion, sliced
- 1 (12 ounce) bottle beer
- 1 1/4 cups fresh lime juice

Directions

Mix together the garlic powder, onion powder, meat tenderizer, and seasoning salt in a small bowl. Rub the seasoning blend into both sides of the steaks.

Arrange 1/4 of the sliced onions in the bottom of a 9x13 inch pan, lay steaks across the onions, top with more onions and pour 1/4 cup of lime juice and 1/4 of the bottle of beer over the top; repeat these layers until you run out of steaks, pouring all remaining lime juice and beer over the top. Cover and refrigerate for 30 to 40 minutes. Do not marinate the steaks for longer than an hour, because the acid from the lime juice in the marinade will begin to cook the meat.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Place steaks on the grill and discard the marinade.

Grill the steaks to your desired degree of doneness, or about 2 minutes per side for well done. Remove from the grill and allow to rest for 5 minutes before slicing and serving with warm tortillas.

Rosemary Steaks with Papaya Butter

Ingredients

1/2 papaya - peeled, seeded, and cut into 1-inch slices
2 teaspoons olive oil
2 cloves garlic, minced, or to taste
3/4 cup butter at room temperature
3 (10 ounce) porterhouse steaks
2 tablespoons olive oil
2 tablespoons chopped fresh rosemary
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon garlic salt

Directions

Preheat outdoor grill for medium heat, and lightly oil the grate.

Rub the papaya slices evenly with 2 teaspoons olive oil.

Cook the papaya on the preheated grill until hot and softened, about 10 minutes.

Blend the grilled papaya, garlic, and butter in a blender until smooth. Pour into a small container and cool in refrigerator 1 to 2 hours.

Again preheat outdoor grill for medium heat and lightly oil the grate.

Rub the porterhouse steaks thoroughly with the 2 tablespoons olive oil. Stir the rosemary, salt, pepper, and garlic salt together in a bowl; rub evenly onto both sides of the steaks.

Cook the steaks until they are beginning to firm, and are hot and slightly pink in the center, about 8 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Top with the papaya butter to serve.

Sweeper Steak

Ingredients

2 teaspoons sesame oil
1 1/2 pounds beef stew meat, cut
into 1 inch cubes
2 (10.75 ounce) cans condensed
cream of mushroom soup,
undiluted
1 (1 ounce) envelope dry onion
soup mix
1/2 cup diced onion

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 1 quart casserole dish or larger with sesame oil.

Place the beef, cream of mushroom soup, soup mix and onion into the prepared baking dish and stir to blend.

Cover and cook for 1 hour, or until meat is tender.

Awesome Korean Steak

Ingredients

2 pounds thinly sliced Scotch fillet
(chuck eye steaks)
1/2 cup soy sauce
5 tablespoons white sugar
2 1/2 tablespoons sesame seeds
2 tablespoons sesame oil
3 shallots, thinly sliced
2 cloves garlic, crushed
5 tablespoons mirin (Japanese
sweet wine)

Directions

In a large bowl, stir together the soy sauce, sugar, sesame seeds, sesame oil, shallots, garlic, and mirin. Add the meat, and stir to coat. Cover and refrigerate for 12 to 24 hours.

Heat a large skillet over medium heat. Fry the meat for 5 to 10 minutes, or until no longer pink. Serve with salad or fried rice.

Brandy Flamed Peppercorn Steak

Ingredients

3 tablespoons crushed black peppercorns
2 (8 ounce) beef top sirloin steaks
1 tablespoon lemon pepper
1 teaspoon salt
5 tablespoons butter
2 cloves garlic, minced
1/2 cup red wine
3 tablespoons brandy
1/4 cup chopped green onions
1 shallot, chopped
1/2 cup heavy cream
1 teaspoon white sugar (optional)

Directions

Press crushed peppercorns into both sides of each steak. Sprinkle with lemon pepper, and salt.

Melt butter in a large skillet over medium-high heat. Stir in garlic and wine, and cook for 1 minute. Arrange steaks in pan, and cook for 5 to 10 minutes per side, or until desired doneness. Reduce heat to low.

Pour brandy onto steaks, and carefully light with a match. Let the flames burn off. Sprinkle green onion and shallot around the steaks, and circle the steaks with cream. Cook, stirring sauce, until hot. Transfer steaks to plates. Stir sugar into sauce, and then spoon over meat.

Tequila Steak

Ingredients

1/3 cup tequila
2 tablespoons Worcestershire sauce
1 tablespoon cayenne pepper
2 cloves garlic
8 ounces London broil steak

Directions

Combine the tequila, Worcestershire sauce, cayenne pepper, and garlic in a blender; blend until smooth. Place the steak on a plate; pour marinade over the steak. Place in refrigerator at least 8 hours or overnight.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill steak to desired degree of doneness, 7 to 8 minutes per side for medium.

Doreen's Oriental Swordfish Steaks

Ingredients

3 tablespoons soy sauce
1/2 cup vegetable oil
2 tablespoons sherry
1 teaspoon grated fresh ginger root
2 cloves garlic, peeled and minced
4 (6 ounce) swordfish steaks

Directions

In a medium bowl, whisk together soy sauce, vegetable oil, sherry, ginger root and garlic. Fill a large resealable bag with the mixture. Place swordfish steaks into the bag with mixture, and shake to coat. Place bag in the refrigerator, and allow the steaks to marinate at least 4 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill swordfish steaks 8 to 10 minutes per side, until the swordfish flakes easily and is opaque in the center.

Traditional Salisbury Steak

Ingredients

- 1 egg
- 2 tablespoons dry bread crumbs
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 3/4 pound lean ground beef
- 3 tablespoons all-purpose flour, divided
- 2 teaspoons olive oil
- 3/4 cup water
- 2 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 teaspoon beef bouillon granules
- 1 medium onion, quartered and sliced
- 1 (4 ounce) can mushroom stems and pieces, drained

Directions

In a small bowl, combine the egg, bread crumbs, garlic powder and pepper. Crumble beef over mixture; mix well. Shape into two patties; dredge in 2 tablespoons flour. In a small skillet, brown patties on both sides in oil; drain. Set patties aside.

Add the remaining flour to the skillet; whisk in water until smooth. Stir in the ketchup, Worcestershire sauce and bouillon. Add the onion and mushrooms. Bring to a boil. Return patties to the pan. Reduce heat; cover and simmer for 15-20 minutes or until beef is no longer pink. Serve gravy over patties.

Robust Marinated Steak

Ingredients

2 tablespoons red wine vinegar
2 tablespoons pineapple juice
4 1/2 teaspoons brown sugar
1 tablespoon liquid smoke
flavoring
1 1/2 teaspoons soy sauce
1/2 teaspoon salt
1/4 teaspoon onion powder
1/8 teaspoon pepper
1 garlic clove, minced
3/4 pound boneless beef sirloin
steak, 1 inch thick

Directions

In a large resealable plastic bag, combine the first nine ingredients; add steak. Seal bag and turn to coat; refrigerate overnight.

Drain and discard marinade. Grill steak, uncovered, over medium heat for 4-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Honey Mustard Steak

Ingredients

1/2 cup prepared brown mustard
2 tablespoons apple juice
1 teaspoon ground cinnamon
1 tablespoon honey
1 1/2 pounds top sirloin, lean

Directions

Prepare an outdoor grill with an oiled rack set 6 inches from the coals. On a gas grill, set to medium heat.

In a small bowl, combine the mustard, apple juice, cinnamon and honey. Brush one side of the steak with the sauce. Grill and turn, adding more sauce.

Grill to desired doneness: 14 minutes for rare (140 degrees F or 60 degrees C), 20 minutes for medium (160 degrees F or 70 degrees C), or 26 minutes for well done (170 degrees F or 75 degrees C) and serve.

Marinade for Steak II

Ingredients

1/2 cup molasses
1/2 cup ketchup
1 tablespoon ground ginger
1 teaspoon chopped fresh thyme
1 tablespoon ground black pepper
1 tablespoon distilled white vinegar
1 dash hot pepper sauce, or to taste
1 tablespoon garlic powder

Directions

In a medium bowl, mix molasses, ketchup, ground ginger, thyme, black pepper, distilled white vinegar, hot pepper sauce and garlic powder. Place desired meat in mixture. Marinate in the refrigerator 3 hours or longer before grilling.

Swiss Steak Dinner

Ingredients

1/2 cup all-purpose flour
2 teaspoons salt, divided
1/2 teaspoon pepper
2 pounds boneless beef round steak (1/2 inch thick), cut into serving-size pieces
2 tablespoons vegetable oil
6 medium onions, thinly sliced
7 small red potatoes, halved
1 bay leaf
1 (10.75 ounce) can condensed tomato soup, undiluted
2 cups frozen cut green beans, thawed

Directions

In a large resealable plastic bag, combine the flour, 1-1/2 teaspoons salt and pepper. Add beef in batches and shake to coat. In a large skillet over medium heat, brown beef in oil on both sides. Transfer to a greased 3-qt. baking dish. Top with onions and potatoes. Sprinkle with remaining salt; gently toss to coat. Add the bay leaf. Spoon soup over top.

Cover and bake at 350 degrees F for 1-1/2 hours. Place beans around edge of dish. Bake 15-20 minutes longer or until meat and vegetables are tender. Discard bay leaf.

Tarragon Salmon Steaks

Ingredients

2 salmon steaks (1 inch thick)
2 tablespoons butter or margarine, melted
2 teaspoons lemon juice
1 tablespoon minced fresh tarragon
1 tablespoon minced fresh parsley
salt and pepper to taste

Directions

Place the salmon steaks in an ungreased 13-in. x 9-in. x 2-in. baking dish. Drizzle with butter and lemon juice. Sprinkle with the tarragon, parsley, salt and pepper. Bake, uncovered, at 350 degrees F for 20-25 minutes or until fish flakes easily with a fork.

Marinated Sirloin Steaks

Ingredients

1/4 cup honey
3 tablespoons reduced-sodium soy sauce
2 tablespoons olive oil
1 tablespoon balsamic vinegar
2 garlic cloves, peeled
1/4 teaspoon coarsely ground pepper
2 (5 ounce) boneless beef sirloin steaks
3 green onions, sliced

Directions

In a blender, combine the honey, soy sauce, oil, vinegar, garlic and pepper; cover and process until blended. Pour 1/3 cup marinade into a large resealable plastic bag; add steaks and onions. Seal bag and turn to coat; refrigerate for at least 1-2 hours. Cover and refrigerate remaining marinade for basting.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill steaks, covered, over medium-hot heat for 4-5 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F), basting occasionally with reserved marinade.

Easy Pepper Steak

Ingredients

1 pound boneless beef sirloin steak, 3/4 inch thick
3 tablespoons cornstarch
1 (14 ounce) can SwansonB® Beef Broth
1 tablespoon soy sauce
1/4 teaspoon garlic powder
2 cups fresh or frozen green or red pepper strips
1 medium onion, cut into thin wedges
4 cups hot cooked regular long-grain white rice, cooked without salt

Directions

Slice beef into very thin strips. Mix cornstarch, broth, soy and garlic.

Stir-fry beef in nonstick skillet until browned and juices evaporate.

Add peppers and onion. Add cornstarch mixture. Cook and stir until mixture boils and thickens. Serve over rice.

Slow Cooker Pepper Steak II

Ingredients

2 tablespoons olive oil
3 pounds beef sirloin, sliced into strips
1 tablespoon minced garlic
1 onion, chopped
1/2 cup soy sauce
1 teaspoon salt
1/2 teaspoon ground black pepper
2 teaspoons white sugar
3 green bell peppers, cut into strips
1 tablespoon cornstarch
1/4 cup cold water

Directions

Heat the oil in a large skillet over medium heat. Add the steak strips, and quickly brown on both sides, adding the garlic to the steak while it cooks. Transfer the steak and its juices to a slow cooker. Add the onion, soy sauce, salt, pepper and sugar. Cover, and cook on Low for 6 to 8 hours, until the meat is fork tender.

One hour before the end of the cooking time, add the green peppers. Stir together the cornstarch and cold water. Pour into the slow cooker during the last few minutes, and cook until the sauce has thickened.

Original Steak Tartare

Ingredients

1 pound finely ground beef
tenderloin
1 teaspoon brown mustard
1/2 teaspoon hot pepper sauce (e.
g. Tabasco[®]), or to taste
1 teaspoon Worcestershire sauce
1 teaspoon brandy
1 pinch salt, or to taste
ground white pepper to taste
1 egg

Directions

In a medium bowl, mix together the beef, mustard, hot pepper sauce, Worcestershire sauce, brandy, salt, pepper and egg until well blended. Arrange the meat in a neat pile on a glass dish, and cover with aluminum foil. Refrigerate for 30 minutes to allow the flavors to blend. Serve as a spread on crackers or toast.

Steak Hash

Ingredients

1 medium green pepper, chopped
1 small onion, chopped
2 tablespoons vegetable oil
3 medium potatoes - peeled,
cooked and sliced
1 cup diced cooked steak
1/4 teaspoon garlic powder
salt and pepper to taste
1/4 cup shredded Monterey Jack
cheese
4 eggs

Directions

In a skillet, saute the green pepper and onion in oil until tender. Stir in potatoes. Reduce heat; cover and cook over low heat for 10 minutes or until the potatoes are heated through, stirring occasionally. Add steak, garlic powder, salt and pepper. Sprinkle with cheese. Cover and cook on low 5 minutes longer or until heated through and cheese is melted; keep warm. Prepare eggs as desired. Divide hash between four plates and top with an egg.

Tuna Steaks with Melon Salsa

Ingredients

1 small cantaloupe, flesh removed and finely diced
1/2 red chile pepper, seeded and chopped
10 fresh basil leaves, cut into thin strips
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lime juice
1 pinch salt
1 pinch white sugar
2 tablespoons extra-virgin olive oil
2 (5 ounce) tuna steaks
salt and ground black pepper to taste

Directions

Combine the cantaloupe, chile pepper, basil, 2 tablespoons olive oil, lime juice, salt, and sugar in a bowl.

Heat 2 tablespoons olive oil in a skillet. Season tuna steaks with salt and pepper. Cook tuna in oil for 3 minutes per side. Spoon cantaloupe mixture over each steak to serve.

Baked Chicken-Fried Steak with Mushroom Gravy

Ingredients

1 cup all-purpose flour
6 (4 ounce) cube steaks
1 cup peanut or vegetable oil, for frying
1 pinch seasoned salt, or to taste
1 pinch garlic powder, or to taste
1 pinch black pepper, or to taste
2/3 cup finely diced onion
1 (10.75 ounce) can condensed cream of chicken soup
2 (4.5 ounce) cans sliced mushrooms with juice
1/2 (10.75 ounce) can water, or as needed

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12 inch baking dish. Place flour in a shallow dish. Dredge steaks in the flour to coat evenly.

Heat peanut oil in a skillet over medium heat, and cook the steaks for about 5 to 8 minutes per side, until golden brown.

Place 3 fried cube steaks in the bottom of the prepared baking dish. Sprinkle the steaks lightly with seasoned salt, garlic powder, and pepper, and scatter 1/3 cup of diced onions over the steaks. Layer the remaining 3 steaks on top, repeat the seasoning, and sprinkle with the rest of the onion.

Pour the condensed soup in a bowl, and drain the juice from the canned mushrooms into the empty soup can. Pour in enough water to fill the can, and whisk the liquid and mushrooms into the soup. Pour the soup mixture over the layered steaks.

Cover and bake for 30 minutes in the preheated oven. Reduce heat to 300 degrees F (150 degrees C) and bake for an additional 30 to 45 minutes, until the onions are tender and the gravy is thick and bubbling.

Country Fried Steak and Milk Gravy

Ingredients

4 (4 ounce) cube steaks
1/2 teaspoon salt, divided
1 3/4 teaspoons ground black pepper, divided
1 cup all-purpose flour
2 eggs, lightly beaten
1/4 cup lard
1 cup milk

Directions

Season meat with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper; set aside. In a shallow dish, mix flour with 1 teaspoon of the pepper. Dredge each steak in flour. Dip in beaten egg, then dredge in flour again.

Heat lard in a large, heavy skillet over medium-high heat. Fry steaks 3 to 4 minutes on each side, or until golden brown. Drain on paper towels.

Pour off all but 2 tablespoons of the fat. Sprinkle 2 tablespoons of the dredging flour into oil. Cook over medium heat for 1 minute, scraping up any browned bits from the bottom of skillet. Gradually whisk in milk. Cook, stirring frequently, 3 to 4 minutes, or until thickened and bubbly. Add 1/4 teaspoon salt, and 1/4 to 1/2 teaspoons pepper; gravy should be quite peppery.

Peppered Flank Steak

Ingredients

2 tablespoons chopped green onion
2 tablespoons lemon juice
2 tablespoons soy sauce
2 tablespoons vegetable oil
1 clove garlic, minced
1 teaspoon pepper
1/2 teaspoon celery salt
1 (1 1/2-pound) beef flank steak

Directions

In a large resealable plastic bag, combine the first seven ingredients; add steak. Seal bag and turn to coat; refrigerate overnight.

If grilling the steak, coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade.

Grill steak, covered, over medium-hot heat or broil 4 in. from the heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium 160 degrees F; well-done, 170 degrees F). Thinly slice across the grain.

Marinated Flank Steak

Ingredients

2/3 cup olive or vegetable oil
1/4 cup lemon juice
2 tablespoons cider or red wine vinegar
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
1 tablespoon Dijon mustard
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1 (1 1/2-pound) flank steak

Directions

In a large resealable plastic bag or shallow glass container, combine the first nine ingredients; mix well. Add steak and turn to coat. Seal or cover and refrigerate for 8 hours or overnight, turning occasionally. Drain and discard marinade.

Grill, covered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees; medium, 160 degrees; well-done, 170 degrees).

Creamy Soup Steaks

Ingredients

4 pork chops
1 (10.75 ounce) can condensed
cream of celery soup
3/4 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place pork steaks in a 9x13 inch baking dish. In a medium bowl mix together the soup and milk and pour mixture over steaks. Bake uncovered in the preheated oven for 30 to 40 minutes or until internal temperature of the pork reaches 160 degrees F (70 degrees C).

Idaho-Style Finger Steaks

Ingredients

1 egg
2 cups buttermilk
2 tablespoons grill seasoning,
such as McCormick Montreal
Steak Seasoning
1/2 cup all-purpose flour
1 1/2 pounds boneless beef sirloin
steak, cut into 2 1/2 x 1/4 inch
strips

2 1/2 cups all-purpose flour
2 teaspoons garlic powder
salt and pepper to taste
3 cups canola oil for deep frying

Directions

Beat together the egg, buttermilk, grill seasoning, and 1/2 cup of flour in a large bowl until smooth. Add the beef, and toss until well coated. Cover with plastic wrap, and place into the refrigerator to marinate at least 2 hours.

Sift 2 1/2 cups flour with the garlic powder, salt, and pepper into a large bowl. Remove steak strips from buttermilk batter and allow excess to drip off. Dredge each piece with seasoned flour and place onto a baking sheet. Place in the freezer and freeze until firm, 1 hour to overnight.

Heat oil to 370 degrees F (185 degrees C) in a deep fryer or cast iron skillet.

Drop a few frozen steak pieces into the hot oil and fry until golden brown on the outside, about 5 minutes. Do not overcrowd the frying oil, and do not allow the steak strips to thaw before they are fried. Once golden brown, remove to drain on a paper towel-lined plate.

Grilled Ham Steak with Peach Fresca

Ingredients

1 Cook's® brand Bone-In Thick
Cut Ham Steak

PEACH FRESCA:

6 ripe peaches, diced
1/2 red onion, finely diced
1/4 cup brown sugar
Juice from one lime
1 tablespoon olive oil
1 tablespoon fresh mint, chopped
1 serrano chili, diced and seeded
Pinch Chinese Five Spice
Salt and pepper, to taste

Directions

Prepare charcoal or gas grill. Combine ingredients for the peach fresca in a bowl and mix well, set aside. Place ham steaks on grill over medium heat. Heat according to package instructions.

Place ham steak on platter and pour peach fresca over ham steak.

Grilled or Fried Skirt Steak

Ingredients

2 pounds beef skirt steak
2 tablespoons lemon juice
1/3 cup prepared spicy brown mustard
1 pinch salt and pepper to taste
1 cup blue cheese dressing (optional)

Directions

In a small bowl, stir together the lemon juice and mustard. Trim away most of the fat from the steaks, and rub with the mustard marinade. Place into a resealable bag, and marinate in the refrigerator for at least 1 hour, and up to 24 hours.

Preheat a grill or large skillet for medium-high heat.

Grill or fry steaks for about 5 minutes per side, or to your desired degree of doneness. Remove from the heat, and let the meat rest for 5 to 10 minutes to let the juices settle. Cut each steak along the grain into 3 or 4 pieces. Serve with blue cheese dressing.

Grilled Fish Steaks

Ingredients

8 (3 ounce) fillets fresh tuna steaks, 1 inch thick
1/2 cup soy sauce
1/3 cup sherry
1/4 cup vegetable oil
1 tablespoon fresh lime juice
1 clove garlic, minced

Directions

Place tuna steaks in a shallow baking dish. In a medium bowl, mix soy sauce, sherry, vegetable oil, fresh lime juice, and garlic. Pour the soy sauce mixture over the tuna steaks, and turn to coat. Cover, and refrigerate for at least one hour.

Preheat grill for high heat.

Lightly oil grill grate. Place tuna steaks on grill, and discard remaining marinade. Grill for 3 to 6 minutes per side, or to desired doneness.

Awesome Steak Marinade

Ingredients

1 1/2 cups steak sauce
1 tablespoon soy sauce
1/3 cup Italian-style salad
dressing
1/3 cup honey
1/2 teaspoon garlic powder

Directions

Into a blender pour in the steak sauce, soy sauce, Italian-style dressing, honey, and garlic powder. Blend for 10 seconds. Pour over any type of steak, cover, and let sit overnight; turning occasionally to coat all sides.

Onion-Rubbed Flank Steak

Ingredients

1/3 cup chopped onion
1 tablespoon red wine vinegar or
cider vinegar
1 tablespoon canola oil
1 teaspoon pepper
1/2 teaspoon salt
1 garlic clove, minced
1/4 teaspoon dried rosemary,
crushed
1/4 teaspoon dried basil
1 (1 1/2-pound) beef flank steak

Directions

In a bowl, combine the first eight ingredients; brush over both sides of steak. Place in a large resealable plastic bag; seal bag and refrigerate for 3-4 hours or overnight.

Place steak on a broiler pan. Broil 3-4 in. from the heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Thinly slice across the grain.

Broth Marinated BBQ Steak

Ingredients

1 (10.5 ounce) can beef broth
1 (18 ounce) bottle barbeque sauce
2 (8 ounce) steaks beef tenderloin

Directions

Whisk together beef broth and barbeque sauce in a medium bowl.

Place beef tenderloin steaks in a medium bowl and cover with the beef broth and barbeque sauce mixture. Cover bowl and place in the refrigerator. Allow steaks to marinate a minimum of 2 hours (overnight is preferable).

Preheat an outdoor grill for high heat and lightly oil grate.

Grill steaks on the prepared grill for 7 to 8 minutes per side, or to desired doneness.

Maria's Pepper Steak

Ingredients

2 tablespoons olive oil
1 medium onion, chopped
2 large bell peppers, sliced into thin strips
2 cloves garlic, minced
1/3 cup soy sauce
1/3 cup honey
1/3 cup red wine vinegar
1 1/2 pounds flank steak, cut into thin strips

Directions

Heat olive oil in a skillet over medium heat. Cook onion, bell peppers, and garlic in oil until tender-crisp, stirring frequently. Set aside.

Heat a large skillet over medium-high heat. Pour soy sauce, honey, and red wine vinegar in pan, then add beef. Cook beef, stirring frequently, until done, about 10 to 15 minutes. Stir in cooked vegetables, and cook another 10 to 15 minutes.

Steak Roll-Ups

Ingredients

1 1/2 pounds boneless round steak
1/4 cup chopped onion
1/4 cup butter or margarine, melted
2 cups fresh bread cubes
1/2 cup chopped celery
1 tablespoon dried parsley flakes
1/2 teaspoon salt
1/2 teaspoon poultry seasoning
1/4 teaspoon pepper
1 cup all-purpose flour
2 tablespoons cooking oil
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 1/3 cups water
3/4 teaspoon browning sauce (optional)

Directions

Pound steak to 1/3-in. thickness. Cut into six pieces. Combine the next eight ingredients; mix well. Place 1/3 cup on each piece of steak; roll up and fasten with a toothpick. Roll in flour.

in a large skillet, brown roll-ups in oil. Combine soup, water and browning sauce if desired; pour over roll-ups. Cover and simmer for 2 hours or until meat is tender, turning occasionally.

Chicken Fried Steak I

Ingredients

1 pound boneless beef top loin
2 cups shortening
1 egg, beaten
1 cup buttermilk
salt and pepper to taste
1/4 teaspoon garlic powder
1 cup all-purpose flour

1/4 cup all-purpose flour
1 quart milk
salt and pepper to taste

Directions

Cut top loin crosswise into 4 (4 ounce) cutlets. Using a glancing motion, pound each cutlet thinly with a moistened mallet or the side of a cleaver.

In a large, heavy skillet, heat 1/2 inch shortening to 365 degrees F (185 degrees C).

While the shortening is heating, prepare cutlets. In a shallow bowl, beat together egg, buttermilk, salt and pepper. In another shallow dish, mix together garlic powder and 1 cup flour. Dip cutlets in flour, turning to evenly coat both sides. Dip in egg mixture, coating both sides, then in flour mixture once again.

Place cutlets in heated shortening. Cook until golden brown, turning once. Transfer to a plate lined with paper towels. Repeat with remaining cutlets. Drain grease, reserving 1/2 cup.

Using the reserved drippings in the pan, prepare gravy over medium heat. Blend in 1/4 cup flour to form a paste. Gradually add milk to desired consistency, stirring constantly. For a thicker gravy add less milk; for a thinner gravy stir in more. Heat through, and season with salt and pepper to taste. Serve over chicken fried steak.

Yummy Cube Steaks

Ingredients

2 pounds beef cube steak
1/4 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1 (14.5 ounce) can canned diced tomatoes
1 (15 ounce) can canned tomato sauce
1 large onion, thinly sliced
1 teaspoon Italian seasoning
5 small zucchini, cut into 1/2 inch slices

Directions

In a large resealable plastic bag, place the cube steak, flour, salt, and pepper. Seal, and shake to coat.

Heat the olive oil in a large skillet over medium heat, and brown the cube steak. Reduce heat to low, and mix in the tomatoes, tomato sauce, onion, and Italian seasoning. Cover, and simmer at least 1 hour, stirring once.

Place the zucchini in the skillet, and coat with the tomato sauce. Continue to simmer uncovered 10 minutes, or until zucchini is tender.

Cube Steak Parmesan

Ingredients

3 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 eggs
2 tablespoons water
1/3 cup crushed saltine crackers
1/3 cup grated Parmesan cheese
1/2 teaspoon dried basil
3 tablespoons vegetable oil
4 (4 ounce) beef cube steaks
1 1/4 cups canned tomato sauce
2 1/4 teaspoons white sugar
1/2 teaspoon dried oregano, divided
1/4 teaspoon garlic powder
4 slices mozzarella cheese
1/3 cup grated Parmesan cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). In a shallow dish, stir together the flour, salt and pepper. In a separate bowl, whisk together the eggs and water with a fork. In a third bowl, or shallow dish, mix together the cracker crumbs, 1/3 cup of Parmesan cheese and basil.

Heat the oil in a large skillet over medium heat. Dredge the cube steaks in the seasoned flour, dip into the egg mixture, and coat with the cracker crumb mixture. Place them in the skillet, and fry just until browned on each side. Arrange steaks in a single layer in a greased casserole dish.

Bake for 25 minutes in the preheated oven. Meanwhile, in a medium bowl, stir together the tomato sauce, sugar, 1/4 teaspoon of oregano, and garlic powder. Spoon over steaks when the 25 minutes are up. Top each steak with mozzarella cheese and remaining Parmesan cheese; sprinkle remaining oregano over the top. Bake for 5 more minutes, or until the cheese is melted, and the sauce is hot.

Grilled Fajita Steak Salad With Pickled Pink Onions

Ingredients

3 large garlic cloves, minced
1/3 cup fresh lime juice
Salt and pepper, to taste
6 tablespoons extra-virgin olive oil
1 tablespoon ground cumin
2 pounds (1 to 1 1/4-inch-thick)
New York strip or leanest rib-eye
steaks
1 red bell pepper, seeded and
quartered
1 yellow bell pepper, seeded and
quartered
1/2 large red onion, thinly sliced
2 tablespoons rice wine vinegar
12 cups arugula or other
prewashed baby greens
1/2 cup light sour cream

Directions

Mix garlic and lime juice; set aside 3 Tbs. of mixture for a post-grill marinade. For dressing, add a generous pinch of salt and pepper to the remaining lime juice mixture and slowly whisk in oil; set aside.

Mix cumin, salt and pepper in a small dish. Rub steaks on both sides with oil, and season with cumin mixture. Brush peppers with oil, then season with salt and pepper. In a small bowl, combine onion with vinegar and a pinch of salt. Set all aside.

Build a fire on only one side of grill (to conserve charcoal). When coals are covered with white ash, place steak and peppers on rack over direct heat, cover and grill until steaks are well seared, 3 to 4 minutes per side for medium to medium-rare meat.

Transfer steaks to plate and immediately drizzle with reserved lime mixture. Transfer peppers to a cutting board, and cut each quarter in thirds to get 24 pieces of pepper. Let sit 5 minutes or up to 1 hour. Thinly slice steak across grain. Toss greens with dressing. Arrange in six shallow bowls. Top with steak, peppers, pickled onions and a dollop of sour cream.

Barbecued Steak Strips

Ingredients

1 pound boneless beef sirloin
steak, cut 1/2 inch strips
1 tablespoon vegetable oil
1 cup barbecue sauce
2 tablespoons honey
1 teaspoon sugar

Directions

In a large skillet, brown steak in oil over medium-high heat; drain. Combine the barbecue sauce, honey and sugar; pour over meat. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until the sauce is slightly thickened and meat is tender.

PaceB® Sirloin Steak Ole

Ingredients

1 1/2 pounds boneless beef sirloin steak or beef top round steak
1 (16 ounce) jar PaceB® Picante Sauce or Chunky Salsa

Directions

Lightly oil the grill rack and heat the grill to medium. Grill the steak for 20 minutes for medium-rare or to desired doneness, turning the steak over halfway through cooking and brushing often with 1 cup picante sauce.

Let stand for 10 minutes before slicing. Serve with additional picante sauce.

Merlot-Peppercorn Steak Sauce

Ingredients

1 tablespoon butter
4 mushrooms, sliced
1 clove garlic, minced
2 tablespoons whole black peppercorns
1/4 cup Merlot wine
1 tablespoon balsamic vinegar
3 tablespoons Worcestershire sauce
1/2 teaspoon minced fresh rosemary

Directions

Melt butter in a saucepan over medium heat. Stir in the mushrooms, garlic, and peppercorns, and saute until the mushrooms are tender. Pour in the wine, balsamic, and Worcestershire sauce, increase the heat to medium-high, and reduce by 1/3. Stir in the rosemary and cook for 1 to 2 minutes until fragrant.

Grilled Salmon Steaks with Savory Blueberry

Ingredients

1/2 cup chicken stock
1/4 cup balsamic vinegar
1/4 cup orange juice
1 teaspoon honey
1 tablespoon cornstarch
1/4 cup chicken stock
1 cup fresh blueberries
2 teaspoons chopped fresh chives
4 (6 ounce) salmon steaks
2 tablespoons olive oil
salt and pepper to taste

Directions

Pour 1/2 cup chicken stock, vinegar, orange juice, and honey into a saucepan. Bring to a boil over high heat, then reduce heat to medium. Dissolve cornstarch in 1/4 cup of chicken stock, and stir into the simmering sauce. Cook and stir until the sauce thickens and turns clear, 1 to 2 minutes. Stir in the blueberries and chives, and keep warm over low heat.

Preheat grill to medium high-heat.

Brush salmon with oil, and season to taste with salt and pepper. Grill until the fish flakes easily with a fork, about 3 to 4 minutes per side. Serve with blueberry sauce.

Rib Eye Steaks with a Soy and Ginger Marinade

Ingredients

1/2 cup soy sauce
1/4 cup real maple syrup
6 cloves garlic, minced
1 tablespoon grated fresh ginger
1 teaspoon mustard powder
1/2 teaspoon sesame oil
1/4 teaspoon hot pepper sauce
1/2 cup beer
4 (10 ounce) beef rib eye steaks

Directions

In a medium size mixing bowl, combine soy sauce, maple syrup, garlic, ginger root, mustard powder, sesame oil, and Tabasco sauce; mix well to blend. Now add beer, and stir lightly to mix.

Prepare steaks by scoring any fatty outside areas on steak with a knife, (this prevents the steaks from curling when barbecuing). Place steaks in a casserole dish, and pour marinade over. Using a fork, punch holes in steaks so that the marinade penetrates into the steaks. Turn steaks over, and repeat punching holes.

Cover with clear wrap or foil, and let marinate in the refrigerator for at least 1 hour or longer. You can also refrigerate and marinate overnight.

Prepare and preheat barbecue to high heat. Place steaks directly on grill and sear one side for about 15 seconds. Turn steaks over and cook for about 5 minutes, then turn over and cook for another 5 minutes for medium-rare, depending on thickness. Test for doneness by cutting into the middle of the steak.

Dad's Steak Rub

Ingredients

4 beef steaks
1/4 cup maple syrup
1 tablespoon crushed garlic
1 tablespoon seasoned salt
1 tablespoon ground black pepper

Directions

Preheat the grill for high heat.

Place the steaks in a bowl, and drizzle on both sides with maple syrup. Rub with garlic, seasoned salt, and pepper.

Lightly oil the grill grate. Place steaks on the grill, and cook 7 minutes per side, or to desired doneness.

Chicken Fried Venison Steaks

Ingredients

1 egg
1 cup whole milk
2 tablespoons hot pepper sauce
2 pounds 1/2 inch thick venison steaks

1/2 cup cornmeal
1/2 cup seasoned bread crumbs
1 teaspoon cornstarch
1 teaspoon baking soda
1 teaspoon ground black pepper
1 teaspoon garlic salt

1 cup vegetable oil for frying
1 onion, sliced
1 cup whole milk

Directions

Beat the egg in a bowl, then whisk in 1 cup of milk and the hot pepper sauce. Pound the venison steaks with a meat mallet to 1/4 inch thick, and place into the milk mixture. Stir together the cornmeal, bread crumbs, cornstarch, baking soda, black pepper, and garlic salt in a shallow dish.

Remove the venison steaks from the milk mixture one at a time, allowing the excess to run off, and press into the bread crumb mixture; set aside. Reserve the remaining bread crumb mixture.

Heat the oil in a large skillet over medium heat. Place as many breaded venison steaks into the pan as will fit without overlapping. Cook until the venison is golden brown on both sides, about 3 minutes per side. Remove to drain on a paper towel lined plate and keep warm. Repeat with remaining venison.

Once the venison has finished cooking, stir the onions into the hot oil, and cook until dark brown, about 5 minutes. Pour off and discard the oil, remove the onions to a plate and set aside. Stir the reserved bread crumb mixture into the hot skillet, and cook for a few seconds until it begins to toast. Stir in the remaining cup of milk, and simmer until the milk has thickened, about 5 minutes. Pour the gravy over the venison steaks and top with the caramelized onions to serve.

Swordfish Steaks with Arugula and Basil Sauce

Ingredients

4 (6 ounce) swordfish steaks
salt and ground black pepper to taste
1/4 cup extra-virgin olive oil
2 cloves garlic, crushed
1 tablespoon chopped fresh parsley
7 fresh basil leaves, chopped
1 bunch arugula, coarsely chopped
2 tablespoons lemon juice

Directions

Wash and pat dry the swordfish steaks; season each with salt and pepper; completely coat each steak with olive oil.

Heat a grill pan over medium heat; cook the steaks in the grill pan for 15 minutes, turning twice.

While the steaks cook, stir together the garlic, parsley, basil, arugula, and lemon juice in a bowl until evenly coated; spoon over the cooked steaks to serve.

Venison Burger and Steak Chili

Ingredients

1/2 pound bulk mild Italian sausage
1 pound cubed lean venison
2 pounds ground venison
2 tablespoons olive oil
8 ounces sliced crimini mushrooms
1 large onion, diced
2 tablespoons minced garlic
1 green pepper, diced
1 red peppers, diced
2 red chile peppers, seeded and chopped
2 jalapeno peppers, seeded and minced
1 (6 ounce) can tomato paste
1 (28 ounce) can tomato sauce
2 (15.5 ounce) cans black beans, rinsed and drained
2 (28 ounce) cans diced tomatoes, with liquid
1 cup water, or as needed
1/4 teaspoon chili powder
2 tablespoons paprika
1 dash cayenne pepper
2 tablespoons dried oregano
Salt and pepper to taste
1/4 cup minced fresh parsley
1 (8 ounce) package shredded Cheddar cheese

Directions

Cook sausage in a large skillet over medium-high heat until crumbled and browned; place into a large Dutch oven. Sear venison cubes until well browned; add to sausage. Add ground venison, and cook until crumbly and no longer pink; place into Dutch oven.

Heat olive oil in the skillet over medium-high heat. Stir in the mushrooms, and cook until soft, about 2 minutes. Stir in onion and garlic, cook until the onion is translucent, about 2 minutes. Add the green and red peppers, red chile pepper, and jalapeno; cook until softened, then add to Dutch oven.

Stir in tomato paste, tomato sauce, black beans, diced tomatoes, and water. Season with chili powder, paprika, cayenne, and oregano. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the venison pieces are tender, about 2 hours.

Season to taste with salt and pepper, and stir in parsley before serving. To serve, sprinkle with shredded Cheddar cheese.

Korean Marinated Flank Steak

Ingredients

4 cloves garlic
1 teaspoon minced fresh ginger
1 onion, roughly chopped
2 1/2 cups low sodium soy sauce
1/4 cup toasted sesame oil
3 tablespoons Worcestershire sauce
2 tablespoons unseasoned meat tenderizer
1 cup white sugar
2 pounds beef flank steak, trimmed of excess fat

Directions

Place garlic, ginger, and onion in the bowl of a blender. Add soy sauce, sesame oil, Worcestershire sauce, meat tenderizer, and sugar. Puree until smooth.

Pour the marinade into a resealable plastic bag or glass bowl. Score the flank steak and place into the marinade. Marinate overnight in the refrigerator.

Preheat a grill for medium-high heat.

Grill steak on preheated grill to desired doneness, about 7 minutes per side for medium.

Mushroom Round Steak

Ingredients

1/2 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
2 pounds boneless beef round steak, cut into serving-size pieces
2 tablespoons vegetable oil
1 (10.5 ounce) can condensed French onion soup, undiluted
1 (8 ounce) can mushroom stems and pieces, drained
3/4 cup water
1/4 cup ketchup
1 tablespoon Worcestershire sauce
2 tablespoons cornstarch
1/4 cup cold water
1 cup sour cream

Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add beef, a few pieces at a time, and shake to coat. In a large skillet, brown the beef in batches in oil. Transfer meat to a slow cooker with a slotted spoon. In a bowl, combine the soup, mushrooms, water, ketchup and Worcestershire sauce. Pour over meat. Cover and cook on low for 8 hours or until meat is tender.

Remove beef with a slotted spoon; keep warm. Transfer cooking liquid to a saucepan. Combine cornstarch and cold water until smooth; gradually stir into cooking liquid. bring to a boil; cook and store for 1-2 minutes or until thickened. Stir a small amount of hot liquid into sour cream. Return all to the pan; cook on low until heated through. Serve over meat.

Tangy Ham Steak

Ingredients

1/2 cup ketchup
1/3 cup sweet pickle relish
1 tablespoon cider vinegar
1 teaspoon brown sugar
1/8 teaspoon cayenne pepper
1 pound fully cooked ham steak

Directions

In a bowl, combine the ketchup, relish, vinegar, brown sugar and cayenne; set aside 1/2 cup for serving. Grill the ham steak, uncovered, over medium heat for 3 minutes on each side, basting occasionally with remaining sauce. Serve with reserved sauce.

Beer and Brown Sugar Steak Marinade

Ingredients

2 (16 ounce) beef sirloin steaks
1/4 cup dark beer
2 tablespoons teriyaki sauce
2 tablespoons brown sugar
1/2 teaspoon seasoned salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder

Directions

Preheat grill for high heat.

Use a fork to poke holes all over the surface of the steaks, and place steaks in a large baking dish. In a bowl, mix together beer, teriyaki sauce, and brown sugar. Pour sauce over steaks, and let sit about 5 minutes. Sprinkle with 1/2 the seasoned salt, pepper, and garlic powder; set aside for 10 minutes. Turn steaks over, sprinkle with remaining seasoned salt, pepper, and garlic powder, and continue marinating for 10 more minutes.

Remove steaks from marinade. Pour marinade into a small saucepan, bring to a boil, and cook for several minutes.

Lightly oil the grill grate. Grill steaks for 7 minutes per side, or to desired doneness. During the last few minutes of grilling, baste steaks with boiled marinade to enhance the flavor and ensure juiciness.

Salisbury Steak Deluxe

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 tablespoon prepared mustard
2 teaspoons Worcestershire sauce
1 teaspoon prepared horseradish
1 egg
1/4 cup dry bread crumbs
1/4 cup finely chopped onion
1/2 teaspoon salt
Dash pepper
1 1/2 pounds ground beef
1 tablespoon cooking oil
1/2 cup water
2 tablespoons chopped fresh parsley

Directions

In a bowl, combine the soup, mustard, Worcestershire sauce and horseradish; blend well. Set aside. In another bowl, lightly beat the egg. Add bread crumbs, onion, salt, pepper and 1/4 cup of the soup mixture. Add beef and mix well. Shape into six patties.

In a large skillet, brown the patties in oil; drain. Combine remaining soup mixture with water; pour over patties. Cover and cook over low heat for 10-15 minutes or until meat is done. Remove patties to a serving platter; spoon sauce over meat. Sprinkle with parsley.

Oven-Fried Ranch Steak

Ingredients

1 cup Ranch salad dressing
1 teaspoon Cajun seasoning
3/4 pound boneless beef sirloin
steak
1/3 cup cornmeal
1/3 cup dry bread crumbs
1/2 teaspoon garlic powder

Directions

In a large resealable plastic bag, combine salad dressing and seasoning; add the beef. Seal bag and turn to coat; refrigerate for at least 8 hours or overnight. Drain and discard marinade. In a shallow plate, combine the cornmeal, bread crumbs and garlic powder. Coat both sides of beef in cornmeal mixture.

Place in a greased 13-in. x 9-in. x 2-in. baking dish. Bake at 350 degrees F for 30-35 minutes or until a meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Cubed Steak and Wild Rice

Ingredients

2 tablespoons butter
1 pound cube steak, cut into bite size pieces
1 (4.5 ounce) package long grain and wild rice mix
2 cups water
5 fresh mushrooms, sliced
2 tablespoons Worcestershire sauce
2 tablespoons garlic powder
1 tablespoon onion powder

Directions

In a skillet over medium heat, melt the butter, and saute the cube steak until evenly browned.

In a medium pot, mix the cooked steak and juices, rice, water, mushrooms, Worcestershire sauce, garlic powder, and onion powder. Bring to boil. Reduce heat to low, and simmer 25 minutes, or until all liquid has been absorbed.

Cube Steak Parmigiana

Ingredients

3 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 egg
1 tablespoon water
1/3 cup grated Parmesan cheese
1/3 cup finely crushed saltines
1/2 teaspoon dried basil
6 (4 ounce) cube steaks
2 tablespoons vegetable oil
SAUCE:
1 (15 ounce) can tomato sauce
1 tablespoon sugar
1 garlic clove, minced
1/2 teaspoon dried oregano,
divided
3 slices mozzarella cheese, halved
1/3 cup grated Parmesan cheese

Directions

In three shallow bowls, combine flour, salt and pepper; beat egg and water; and combine Parmesan cheese, saltines and basil. Dip steaks in flour mixture and egg mixture, then roll in cheese mixture.

In a large skillet, heat 1 tablespoon of oil over medium-high heat. Brown three steaks on both sides. Remove to a greased 13-in. x 9-in. x 2-in. baking pan. Repeat with the remaining steaks, adding additional oil as needed. Bake, uncovered, at 375 degrees F for 25 minutes. Drain any pan juices.

Combine the tomato sauce, sugar, garlic and 1/4 teaspoon of oregano; pour over steaks. Bake 20 minutes longer. Place mozzarella cheese on steaks. Sprinkle with Parmesan and remaining oregano. Return to the oven for 5 minutes or until cheese is melted.

Sirloin Steak with Garlic Butter

Ingredients

1/2 cup butter
2 teaspoons garlic powder
4 cloves garlic, minced
4 pounds beef top sirloin steaks
salt and pepper to taste

Directions

Preheat an outdoor grill for high heat.

In a small saucepan, melt butter over medium-low heat with garlic powder and minced garlic. Set aside.

Sprinkle both sides of each steak with salt and pepper.

Grill steaks 4 to 5 minutes per side, or to desired doneness. When done, transfer to warmed plates. Brush tops liberally with garlic butter, and allow to rest for 2 to 3 minutes before serving.

Sweet Grilled Steak Bites

Ingredients

2 pounds cubed beef stew meat
1/2 teaspoon Greek seasoning, or to taste
1/4 cup soy sauce
1/3 cup dark corn syrup
1 teaspoon minced garlic
1/2 teaspoon seasoned salt

Directions

Season the meat with Greek seasoning. In a large resealable bag or non reactive bowl, combine the soy sauce, corn syrup, garlic and seasoned salt. Massage the bag to blend, then add the beef. Press out most of the air and seal. Marinate for up to 24 hours, flipping over occasionally to evenly marinate.

Preheat a grill for medium heat. When hot, lightly oil the grate. Thread the beef cubes onto skewers.

Grill the meat on the preheated grill, turning occasionally, until they have reached your desired degree of doneness. Be careful not to let the flames get too high. These will darken quickly because of the high sugar content. Don't worry- they aren't burning!

Braised Skirt Steak with Artichoke

Ingredients

- 1 cube beef bouillon
- 1/2 cup boiling water
- 2 tablespoons olive oil
- 1 pound tenderized skirt steak
- 1 pinch salt
- 1 cup marinated artichoke hearts, chopped, liquid reserved
- 1/2 cup roasted red peppers, drained and chopped
- 2 pickled jalapeno peppers, chopped
- 1/2 cup pickled carrots, chopped
- 1 teaspoon capers
- 2 tablespoons prepared horseradish

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Dissolve beef bouillon cube in boiling water. Heat the olive oil in an oven-safe Dutch oven over high heat. Season the skirt steak on both sides with salt, and cook in the hot oil until browned on both sides, about 2 minutes per side.

Pour the beef bouillon and 1/4 cup artichoke juice into the Dutch oven, then stir in the artichokes, red peppers, jalapeno peppers, carrots, capers, and horseradish. Bring to a boil, then cover, and place into the preheated oven. Bake until the meat has turned from red to light pink in the center, about 30 minutes.

Remove the skirt steak from the Dutch oven, cover with foil, and keep warm. Return the Dutch oven to the stove, and simmer, uncovered, over medium-high heat until the sauce has reduced to your desired consistency, about 10 minutes. Slice the skirt steak thinly, and serve with the reduced sauce.

Brandied Pepper Steak

Ingredients

1 (1 1/2 pound) top round steak
2 teaspoons coarse kosher salt
2 tablespoons black peppercorns, coarsely ground
1/2 cup clarified butter, melted
2 leaves fresh sage, bruised
1 sprig fresh thyme, bruised
4 sprigs fresh rosemary, bruised
1/4 cup brandy
1/2 cup veal demi glace
1/2 cup heavy cream
1 tablespoon roux

Directions

Season steak with salt and pepper, and firmly press seasonings into steak. In a large heavy skillet over medium heat, combine clarified butter, sage, thyme and rosemary. Cook until herbs begin to brown, then remove herbs.

Increase heat to medium-high. Sear steak for 10 to 15 minutes on each side. Carefully pour brandy over steak. Stand back, and ignite the brandy (flames can be quite intense). When flames die, remove steak from pan; keep warm.

Stir demi glace into pan, and deglaze the pan, scraping up any bits stuck to the bottom. Simmer until liquid is reduced by half. Stir in heavy cream, and any juices that have accumulated under the steak. Add roux to sauce to thicken to a smooth, rich consistency. Taste sauce and add more peppercorns or salt if desired.

Chicken Pepper Steak

Ingredients

1 tablespoon vegetable oil
4 boneless, skinless chicken breasts
1 teaspoon seasoning salt
1/2 teaspoon onion powder
2 teaspoons minced garlic
1/2 cup soy sauce, divided
1 large onion, cut into long slices
2 tablespoons cornstarch
2 1/2 cups water
1 green bell pepper, sliced
4 roma (plum) tomatoes, seeded and chopped

Directions

Heat oil in a large skillet over medium heat. Season chicken with salt and onion powder, and place in skillet. Cook for about 5 to 7 minutes, then add the garlic, 4 tablespoons soy sauce, and half of the sliced onion. Cook until chicken is no longer pink, and the juices run clear.

Dissolve cornstarch in water in a small bowl, and blend into the chicken mixture. Stir in 4 tablespoons soy sauce, bell pepper, tomatoes, and remaining onion. Simmer until gravy has reached desired consistency.

Salisbury Steak

Ingredients

1 (10.5 ounce) can condensed French onion soup
1 1/2 pounds ground beef
1/2 cup dry bread crumbs
1 egg
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 tablespoon all-purpose flour
1/4 cup ketchup
1/4 cup water
1 tablespoon Worcestershire sauce
1/2 teaspoon mustard powder

Directions

In a large bowl, mix together 1/3 cup condensed French onion soup with ground beef, bread crumbs, egg, salt and black pepper. Shape into 6 oval patties.

In a large skillet over medium-high heat, brown both sides of patties. Pour off excess fat.

In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally.

Steak Salad (Ranen Salad)

Ingredients

1 1/2 pounds beef sirloin steak
8 cups romaine lettuce, torn into bite-size pieces
6 roma (plum) tomatoes, sliced
1/2 cup sliced fresh mushrooms
3/4 cup crumbled blue cheese
1/4 cup walnuts

1/3 cup vegetable oil
3 tablespoons red wine vinegar
2 tablespoons lemon juice
1/2 teaspoon salt
1/8 teaspoon ground black pepper
3 teaspoons Worcestershire sauce
1/8 teaspoon liquid smoke flavoring

Directions

Preheat oven on broiler setting. Broil steaks for 3 to 5 minutes per side, or to desired doneness. Allow to cool, then slice into bite-size pieces.

On chilled plates, arrange lettuce, tomatoes, and mushrooms. Sprinkle with blue cheese and walnuts. Top with steak slices.

In a small bowl, whisk together oil, vinegar, lemon juice, salt, pepper, Worcestershire sauce, and smoke flavoring. Drizzle over salad.

Easy Minute Steaks

Ingredients

4 (1/2 pound) cube steaks
(pounded round meat)
1 (10.5 ounce) can condensed
French onion soup

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, briefly brown the cube steaks.

Arrange meat in a single layer in a 13x9 inch baking dish and pour the soup over the top. Bake in preheated oven for 1 hour.

Steak Burritos

Ingredients

2 flank steaks (1 pound each)
2 (1.25 ounce) packages taco seasoning
1 medium onion, chopped
1 (4 ounce) can chopped green chilies
1 tablespoon vinegar
10 (8 inch) flour tortillas
1 1/2 cups shredded Monterey Jack cheese
1 1/2 cups chopped, seeded plum tomatoes
3/4 cup sour cream

Directions

Cut steaks in half; rub with taco seasoning. Place in a slow cooker coated with nonstick cooking spray. Top with onion, chilies and vinegar. Cover and cook on low for 8-9 hours or until meat is tender. Remove steaks and cool slightly; shred meat with two forks. (Turn to page 51 for a tip on shredding meat.) Return to slow cooker; heat through. Spoon about 1/2 cup meat mixture down the center of each tortilla. Top with cheese, tomato and sour cream. Fold ends and sides over filling.

Chicken Fried Steak III

Ingredients

2 1/2 cups all-purpose flour,
divided
2 tablespoons salt
1 teaspoon cayenne pepper
3 eggs, lightly beaten
3 pounds beef chuck steaks, well
trimmed
1 cup oil for frying
2 1/2 cups milk
1 teaspoon garlic salt
3/4 teaspoon celery salt
2 tablespoons chili powder
1 cube beef bouillon

Directions

In a shallow bowl, combine 2 cups of the flour, salt and cayenne pepper; set aside. In a bowl, beat together eggs and remaining 1/2 cup flour. Pound steaks flat with a meat mallet. Dredge the steaks first in the flour mixture, then into the egg mixture, then back into the flour mixture.

Heat oil in a large skillet over medium high heat. Fry the coated steaks until golden brown. Remove from skillet, drain, and keep warm.

Pour off all but 1 tablespoon of the oil, then stir in the leftover seasoned flour. Cook over medium heat, stirring constantly, until the flour is browned. Remove from the heat and Stir in milk, garlic salt, celery salt, chili powder and beef bouillon. Return to the heat and bring to a simmer, stirring constantly, until gravy thickens.

Chinese Pepper Steak

Ingredients

1 1/2 cups julienned green bell pepper
3/4 cup chopped onion
2 tablespoons vegetable oil, divided
2 cups sliced fresh mushrooms
3/4 pound boneless beef sirloin steak, cut into thin strips
1/2 teaspoon salt
1/4 teaspoon pepper
1 clove garlic, minced
1 tablespoon cornstarch
1 cup apple juice
1/4 cup cold water
Hot cooked rice

Directions

In a wok or skillet, stir-fry green peppers and onion in 1 tablespoon oil for 2-3 minutes. Add mushrooms; stir-fry 1 minute longer. Remove and keep warm.

Season the beef with salt and pepper. In the same skillet, stir-fry the beef and garlic in remaining oil for 6-8 minutes or until no longer pink; drain.

Combine the cornstarch, apple juice and water until smooth; stir into the beef mixture. Bring to a boil; cook and stir for 1 minutes or until thickened. Return the vegetables to the pan; heat through. Serve over the rice.

Teriyaki Rib Eye Steaks

Ingredients

2 tablespoons soy sauce
2 tablespoons water
1 tablespoon white sugar
1 1/2 teaspoons honey
1 1/2 teaspoons Worcestershire sauce
1 1/4 teaspoons distilled white vinegar
1 teaspoon olive oil
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/8 teaspoon ground ginger
2 (6 ounce) lean beef rib eye steaks

Directions

Whisk together the soy sauce, water, sugar, honey, Worcestershire sauce, vinegar, olive oil, onion powder, garlic powder, and ground ginger in a large bowl. Pierce steaks several times with a fork. Marinate steaks in soy sauce mixture for at least 2 hours.

Cook the steaks in a hot skillet, wok, or hibachi over medium heat; 7 minutes per side for medium. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

Steak 'N' Vegetable Soup

Ingredients

1 pound boneless beef sirloin steak, cut into 1/2 inch cubes
1 cup chopped onion
2 teaspoons canola oil
2 cups cubed red potatoes
1 cup chopped carrots
1 cup frozen peas
1 (14.5 ounce) can beef broth
1 cup water
2 tablespoons balsamic vinegar
1 tablespoon minced fresh parsley
1 tablespoon minced chives
1 1/2 teaspoons minced fresh basil
1 teaspoon minced fresh thyme
3/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a large saucepan, cook beef and onion in oil until meat is no longer pink; drain. Stir in the potatoes, carrots and peas. Add the broth, water, vinegar, parsley, chives, basil, thyme, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes or until meat and vegetables are tender.

Peppered Steak with Blackberry Sauce

Ingredients

1/3 cup lemon juice
1/3 cup Crisco® Vegetable Oil
1/4 cup chopped onion
2 cloves garlic, minced
4 (4 ounce) beef tenderloin or eye of round steaks, trimmed of fat
Salt and coarsely ground black pepper
Crisco® Original No-Stick Cooking Spray
1/2 cup Smucker's® Seedless Blackberry Jam
1/4 cup red wine vinegar
1/4 teaspoon onion powder
1/4 cup fresh or thawed frozen blackberries

Directions

Mix lemon juice, oil, onion and garlic in large re-sealable plastic bag. Place steaks in marinade. Seal bag and refrigerate 6 to 24 hours, turning bag occasionally. When ready to cook, season steaks with salt and coarsely ground pepper. Discard marinade.

Spray grill rack with no-stick cooking spray. Heat grill.

Cook jam, vinegar and onion powder in small saucepan over medium heat until jam is melted, stirring constantly. Remove from heat.

Place steaks on prepared grill. Cook 8 to 12 minutes or until desired doneness, turning once halfway through cooking time. To serve, top steaks with blackberry sauce. Sprinkle with fresh blackberries.

Wasabi Encrusted Tuna Steaks

Ingredients

1 tablespoon five-spice powder
1 tablespoon grated fresh ginger
2 tablespoons sake
2 tablespoons rice vinegar
2 tablespoons tamari
1/4 cup sesame oil
2 pounds ahi tuna steaks, each
about 1 inch thick
1 pound wasabi peas, crushed
2 tablespoons light brown sugar

Directions

In a large bowl, whisk together the five-spice powder, ginger, sake, rice vinegar, tamari, and sesame oil. Add the tuna steaks and turn to coat; allow to marinate for 30 minutes.

Combine the crushed wasabi peas and brown sugar. Remove the tuna steaks from the marinade, and press into the pea mixture to coat. Pour the marinade into a small saucepan and bring to a simmer over medium-high heat. Reduce heat to medium, and simmer until the sauce has reduced and thickened, 5 to 10 minutes.

While the sauce is cooking, sear the tuna in a small amount of oil in a skillet over medium-high heat to desired doneness. Pour sauce over tuna to serve.

Grilled Salmon Steaks Italian-Style

Ingredients

2 salmon steaks
1 tablespoon dried Italian seasoning
1 teaspoon crumbled dried thyme
1 teaspoon crushed dried rosemary
salt and pepper to taste
1 tablespoon fresh lime juice

Directions

Preheat an outdoor grill for medium heat and lightly oil grate.

Season one side of each steak with the Italian seasoning, thyme, rosemary, salt, and pepper.

Lay the steaks with the seasoned-side down on the prepared grill. Cook on grill until the flesh flakes, turning once, 7 to 8 minutes. Sprinkle each steak with lime juice to serve.

Paprika Chili Steak

Ingredients

1 medium onion, chopped
1/2 cup ketchup
1/4 cup cider vinegar
1 tablespoon paprika
1 tablespoon canola oil
2 teaspoons chili powder
1 teaspoon salt
1/8 teaspoon pepper
1 1/2 pounds beef flank steak

Directions

In a large resealable plastic bag, combine the first eight ingredients; add steak. Seal bag and turn to coat; refrigerate for 3 hours or overnight, turning occasionally.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill steak, covered, over medium-hot heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F, well-done, 170 degrees F).

Steak House Au Gratin Potatoes

Ingredients

1 tablespoon butter
3 russet potato, peeled and cubed
1 cup heavy cream
1/2 cup 2% reduced-fat milk
4 cloves garlic, minced
2 tablespoons all-purpose flour
salt and black pepper to taste
1 cup grated medium Cheddar cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease one 9x13 inch baking pan with butter. Spread potatoes evenly in the pan.

Whisk together heavy cream, milk, garlic, flour, salt, and pepper in a large bowl. Pour cream mixture over the potatoes. Cover with foil.

Bake in the preheated oven for 20 minutes, then remove the foil. Continue baking until the potatoes are easily pierced with a fork, about 40 minutes. Remove potatoes from the oven and sprinkle Cheddar cheese on top. Return to oven and bake until the cheese is melted, 5 to 10 minutes. Allow to cool for 5 minutes before serving.

Thyme-Rubbed Steaks with Sauteed Mushrooms

Ingredients

2 teaspoons paprika
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon dried thyme

1 pound New York strip steaks,
cut 3/4 inch thick
1 (8 ounce) package sliced fresh
mushrooms
1/4 cup minced shallot
2 tablespoons butter
2 tablespoons red wine
1 tablespoon vegetable oil
salt and pepper to taste

Directions

In a small bowl, mix together the paprika, salt, pepper, garlic powder, onion powder and thyme. Sprinkle onto each side of the steaks, pressing in so it adheres. Set aside.

Melt the butter in a skillet over medium-high heat. Add the shallots; cook and stir for about 1 minute. Add the mushrooms, and cook for a few more minutes, until tender. Stir in the red wine, and cook until most of the liquid has evaporated. Remove from the heat and keep warm.

Heat the oil in a separate skillet over medium-high heat. Fry steaks for 5 to 7 minutes per side, or to your desired degree of doneness. Remove to a plate and let rest for a few minutes. Top with mushrooms and serve.

Spicy Lime-Cilantro Marinated Flank Steak

Ingredients

6 cloves garlic
1/2 red onion, chopped
2 limes, juiced
1 medium jalapeno chile pepper
2 tablespoons fresh thyme leaves
1 cup loosely packed cilantro leaves
3/4 cup corn oil
2 tablespoons honey
3 pounds beef flank steak
kosher salt to taste

Directions

Puree the garlic, onion, lime juice, jalapeno, thyme, cilantro, corn oil, and honey into the bowl of a blender or food processor until the ingredients are well incorporated. Marinate the flank steak with 1/2 cup of the puree in a resealable bag overnight in the refrigerator. Reserve the rest of the puree to use later as a sauce.

Preheat a grill for medium-high heat.

While grill is warming, remove the meat from the refrigerator and let sit at room temperature for at least 30 minutes. Discard any marinade left in the bag. Liberally season the steak with the kosher salt, and cook to desired doneness, approximately 4 minutes per side for medium-rare.

To serve, slice the steak against the grain into 1/8 to 1/4 inch slices, and drizzle the remaining marinade over the meat.

Peanut Sesame Rib-Eye Steak

Ingredients

4 stalks lemon grass, coarsely chopped
1/4 cup vegetable oil
1/4 cup fish sauce
1/4 cup rice wine vinegar
1 teaspoon dark soy sauce
1 teaspoon white sugar
1/2 teaspoon Asian (toasted) sesame oil

4 (8 ounce) beef rib eye steaks (thick-cut)

1/2 cup chopped peanuts
1/2 cup black sesame seeds
1/4 cup sea salt
1/4 cup crushed black peppercorns

1 tablespoon vegetable oil, divided

Directions

Place the lemon grass, 1/4 cup vegetable oil, fish sauce, rice wine vinegar, dark soy sauce, sugar, and sesame oil into the work bowl of a food processor, and process until the mixture forms a paste. Coat both sides of the steaks with the marinade paste, and refrigerate, covered, for 2 to 3 hours.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

In a bowl, combine peanuts, sesame seeds, sea salt, and pepper until thoroughly mixed.

Remove the steaks from the marinade, and discard any remaining marinade. Pat the steaks very dry with paper towels for good charring. Rub each steak with about 3/4 teaspoon of vegetable oil. Sprinkle the peanut mixture generously over both sides of each steak, and press the spices into the meat.

Grill on the preheated grill until the steaks show grill marks, start to become firm, and are reddish-pink and juicy in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Let the steaks rest at least 5 minutes before slicing.

Ostrich Steaks with Calvados Sauce

Ingredients

2 tablespoons clarified butter
4 (5 ounce) ostrich steaks
1/2 cup beef stock
1/3 cup creme fraiche
1/4 cup Calvados (apple brandy)
salt and ground black pepper to taste

Directions

Heat the butter in a skillet over medium-high heat. Cook the ostrich steaks in the hot butter until the outside is just about to be crisp, shown by darkening patches as with a beef steak, about 2 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C) for rare. Remove the ostrich steaks from the pan, and keep warm.

Pour the beef stock into the skillet, and bring to a boil over high heat. Boil for a few minutes until slightly reduced, then lower the heat to medium-low, and stir in the creme fraiche. Cook and stir 2 minutes, then pour in the Calvados, and season to taste with salt and pepper. Season each ostrich steak with pepper to taste. Spoon the sauce over the steaks to serve.

Willy's Juicy Steak

Ingredients

2 cups orange juice
1 cup thousand island salad dressing
1 cup Worcestershire sauce
2 tablespoons vinegar-based hot pepper sauce
2 tablespoons minced fresh garlic
4 (1/2 pound) 1 1/2 inch thick rib-eye steaks
salt and pepper to taste

Directions

In a large resealable plastic bag, combine the orange juice, salad dressing, Worcestershire sauce, hot pepper sauce, and garlic. Squeeze the bag to mix well. You should have a nice brown marinade. Place steaks into the bag with the marinade, and seal. Refrigerate for 2 to 5 hours, turning over occasionally.

Preheat an outdoor grill for high heat. When the grill is hot, lightly oil the grate.

Place steaks onto the grill and season the tops with salt and pepper to taste. Baste with marinade. Cook for about 5 to 7 minutes, then flip over and salt, pepper and baste again. Grill for about 7 or 8 more minutes, or to desired doneness. Do not flip the steaks again. The internal temperature should be at least 145 degrees F (63 degrees C). Let steaks stand for 5 minutes before cutting, to prevent juices from running out.

Heat the remaining marinade to a boil in a small saucepan. Use as steak sauce.

Flank Steak Pinwheels

Ingredients

1/4 cup olive oil
1/4 cup soy sauce
1/4 cup red wine
1/4 cup Worcestershire sauce
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1 clove garlic, minced
1 teaspoon Italian seasoning
1/2 teaspoon ground black pepper

1 1/2 pounds flank steak,
pounded to 1/2 inch thickness

1 clove garlic, peeled
1/4 teaspoon salt
1/4 cup chopped onion
1/4 cup fine dry bread crumbs
1 cup frozen chopped spinach,
thawed and squeezed dry
1/2 cup crumbled feta cheese

Directions

In a large resealable bag, combine the olive oil, soy sauce, red wine, Worcestershire sauce, mustard, lemon juice, 1 clove of garlic, Italian seasoning and pepper. Squeeze the bag to blend well. Pierce the flank steak with a knife, making small slits about 1 inch apart. Place the steak into the bag, and seal. Refrigerate overnight to marinate.

Preheat the oven to 350 degrees F (175 degrees C).

Crush the remaining clove of garlic on a cutting board with a large chef's knife. Sprinkle the salt over the garlic, and scrape with the blunt side of the knife to make a paste.

Remove the steak from the bag, and discard marinade. Spread the garlic paste over the top side of the steak. Place layers of chopped onion, bread crumbs, spinach, and cheese over the garlic. Roll the steak up lengthwise, and secure with kitchen twine or toothpicks. Place the roll in a shallow glass baking dish.

Bake uncovered for 1 hour in the preheated oven, or until the internal temperature of the roll is at least 145 degrees F (63 degrees F) in the center. Let stand for 5 minutes to set, then slice into 1 inch slices to serve.

Japanese Sesame Steak Sauce

Ingredients

1/4 cup tahini
2 tablespoons soy sauce
1 tablespoon mayonnaise
1 clove garlic, minced
1 1/2 teaspoons ground ginger
1 pinch paprika
1/4 cup water, or as needed

Directions

Whisk the tahini, soy sauce, mayonnaise, garlic, ginger, and paprika together in a bowl. Gradually stir the water into the mixture until you reach a desired consistency. Refrigerate until ready to use.

Luau Beef Tenderloin Steaks

Ingredients

1/4 cup unsweetened pineapple juice
1/4 cup reduced-sodium soy sauce
1/4 cup olive oil
2 tablespoons lemon juice
2 tablespoons cider vinegar
6 garlic cloves, minced
1 tablespoon chopped sweet onion
1 1/2 teaspoons ground mustard
1/2 teaspoon minced fresh parsley
4 (4 ounce) beef tenderloin steaks

Directions

In a small bowl, combine the first nine ingredients. Pour 3/4 cup marinade into a large resealable plastic bag; add the steaks. Seal bag and turn to coat; refrigerate for several hours or overnight. Cover and refrigerate remaining marinade.

Drain steaks and discard marinade. Coat grill rack with nonstick cooking spray before starting the grill. Grill steaks, covered, over medium heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Baste with reserved marinade during the last 2 minutes of cooking.

Bangin' Steak Rub

Ingredients

1/2 cup packed brown sugar
1 (1.25 ounce) package chili seasoning mix
1 (1 ounce) envelope ranch dressing mix
1 teaspoon garlic salt
1 teaspoon onion salt
1/2 teaspoon ground black pepper
1 teaspoon steak seasoning

Directions

In a small bowl, thoroughly mix together the brown sugar, chili seasoning mix, ranch dressing mix, garlic salt, onion salt, ground black pepper, and steak seasoning. The rub should be smooth and granular, with no large lumps. Store at room temperature in an airtight container until ready to use.

To use, rub the seasoning mix liberally onto the steak or meat of your choice before cooking.

Creamy Sliced Steak and Potatoes

Ingredients

1 1/2 teaspoons vegetable oil
1/2 slice onion, diced
14 ounces beef top sirloin, thinly sliced
1 (15 ounce) can whole new potatoes, drained
1 (10.75 ounce) can condensed cream of mushroom soup
1/4 cup milk
salt and pepper to taste

Directions

Heat the vegetable oil in a skillet over medium heat. Stir in the onions, and cook until they begin to soften, about 3 minutes. Increase the heat to medium-high, and add the sliced sirloin. Cook and stir until the meat is no longer pink, and beginning to brown around the edges, about 7 minutes. Add the potatoes, cream of mushroom soup, and milk. Bring to a simmer, then reduce the heat to medium-low, and simmer 10 minutes. Season to taste with salt and pepper before serving.

Flat Iron Steak with Mushrooms

Ingredients

3 tablespoons vegetable oil
salt and pepper to taste
3 (6 ounce) beef flat iron steaks
(shoulder top blade)
3 shallots, thinly sliced
6 cloves garlic, peeled
4 cups sliced white mushrooms
1/4 cup balsamic vinegar
3/4 cup full-bodied red wine

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium heat. Cut the flat iron steak into individual portions if needed. Season with salt and pepper on both sides. Fry the steaks until browned on each side, 2 to 3 minutes per side. Remove from the skillet and place in an oven proof dish. Set steaks in the oven to continue cooking.

Add shallots and whole cloves of garlic to the hot skillet. Cook and stir over medium heat until shallots are starting to brown. Add mushrooms to the pan; cook and stir until they shrink some, 5 to 10 minutes.

Pour the balsamic vinegar into the pan with the mushrooms and stir to remove any bits that are stuck to the bottom of the skillet. Pour in the red wine and simmer for a few minutes over medium heat.

Return the steaks to the skillet and cook until the internal temperature reaches 135 degrees to 140 degrees F (60 degrees C), about 5 minutes if at all. Remove the whole pan from the heat and let stand until steaks reach an internal temperature of 145 degrees F (63 degrees C), or your desired degree of doneness.

Salsa Steak For One

Ingredients

1 (6 ounce) boneless beef top
sirloin steak, cut 1 1/2 inches thick
seasoned salt to taste
3 tablespoons water
1 cup prepared salsa
1 large potato, peeled and diced
1 carrot, peeled and chopped
1 small white onion, diced

Directions

Preheat oven to 350 degrees F (175 degrees C).

Sprinkle both sides of steak with seasoned salt. Place in a foil-lined baking dish with 3 tablespoons of water. Pour salsa over steak, and spread chopped vegetables all around pan. Cover, and seal with foil.

Bake in the preheated oven for one hour, or to desired doneness. Serve immediately.

Pork Steaks

Ingredients

1/4 cup butter
1/4 cup soy sauce
1 bunch green onions
2 cloves garlic, minced
6 pork butt steaks

Directions

Melt butter in a skillet, and mix in the soy sauce. Saute the green onions and garlic until lightly browned.

Place the pork steaks in the skillet, cover, and cook 8 to 10 minutes on each side, Remove cover, and continue cooking 10 minutes, or to an internal temperature of 160 degrees F (70 degrees C).

Steak and Rice

Ingredients

1 1/2 pounds round steak
2 tablespoons vegetable oil
1 green bell pepper
1 (29 ounce) can diced tomatoes
4 tablespoons cornstarch
1 cube beef bouillon cube
1/4 cup soy sauce
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon ground ginger
2 cups water

1 cup white rice
2 cups water

Directions

Trim any fat from round steak and slice meat into thin 2 to 3 inch long strips. Remove the seeds and core from the green bell pepper, and slice into thin 3 inch long strips.

In a large frying pan over medium to high heat add oil and cook meat until medium rare, add peppers and continue cooking until meat is browned.

Reduce heat to simmer and add tomatoes, soy sauce, garlic powder, black pepper and ginger. Cover and simmer 10 minutes.

Dissolve bullion cube and corn starch in 2 cups water and stir well before adding to simmering beef. Cover and simmer 10 minutes, stirring occasionally, until sauce resembles the consistency of gravy. Remove from heat and serve over a bed of rice.

To cook rice: In a saucepan, bring 2 cups of water to a boil. Stir in 1 cup of rice. Cover and reduce heat to a simmer. Simmer for 20 minutes.

Flat Iron Steak and Spinach Salad

Ingredients

2 pounds flat iron steak
salt and ground black pepper to taste
2 tablespoons olive oil
1 large red onion, thinly sliced
1/2 cup Italian salad dressing
3 large red bell peppers, cut into 1/2 inch strips
2 portobello mushrooms, sliced
1/2 cup red wine
4 cups baby spinach leaves
1/2 cup crumbled blue cheese

Directions

Preheat an outdoor grill for medium-high heat; lightly oil the grate.

Season the flat iron steak on both sides with salt and pepper. Cook to desired degree of doneness on preheated grill, about 5 minutes per side for medium-rare. Let rest in a warm area while proceeding with the recipe.

Heat olive oil in a large skillet over medium-high heat. Stir in the onion, and cook until it begins to soften, about 4 minutes. Pour in the Italian salad dressing, and bring to a boil, then stir in the red peppers and mushrooms. Reduce heat to medium, and cook until the peppers are tender, about 5 minutes.

Remove the vegetables from the skillet with a slotted spoon, and set aside. Increase the heat to medium-high, and add the red wine. Simmer the salad dressing and wine until it has reduced to a syrupy sauce, about 5 minutes.

Meanwhile, divide the spinach leaves onto serving plates. Thinly slice the flat iron steak across the grain. Spoon the warm, cooked vegetable mixture over the spinach leaves, then place the sliced steak on top. Spoon on the reduced red wine sauce, and finally, sprinkle with blue cheese.

Teriyaki Steak

Ingredients

2 pounds beef skirt steak
4 cloves garlic, minced
2 cups teriyaki sauce

Directions

Cut the skirt steak into individual strips for serving. Add the garlic to the teriyaki sauce. In a re-sealable plastic bag, combine the steak and the sauce. Seal tightly and refrigerate to marinate overnight.

Preheat oven to broil OR preheat a barbecue grill.

When oven OR grill is ready, remove meat from bag and discard remaining marinade. Place meat on a broiler pan for the oven OR directly on the grill for the barbecue. Cook for about 5 minutes per side, or to desired doneness.

Berdean's Cube Steak

Ingredients

4 (4 ounce) cube steaks
salt and pepper to taste
1/4 cup all-purpose flour
1/3 cup vegetable oil
1 teaspoon beef bouillon granules

Directions

Season the cube steaks on both sides with salt and pepper. Pour the flour onto a shallow plate and press the steaks into the flour; shake off the excess flour. Heat the oil in a large skillet with lid over medium-high heat. Place the steaks into the hot oil, and cook until golden brown on both sides, about 3 minutes per side.

Pour water into the skillet to almost cover the steaks. Stir the beef bouillon and salt to taste into the water. Bring to a boil; reduce heat to medium-low, cover, and simmer until very tender, about 2 hours.

Finger Steaks

Ingredients

1 cup all-purpose flour
3 1/2 teaspoons seasoned salt
1 teaspoon ground black pepper

1 egg
1/4 cup buttermilk
1/4 cup dark beer
1 tablespoon hot pepper sauce
(such as Frank's RedHot®)

2 pounds flat iron steaks
1 teaspoon seasoned salt

4 cups vegetable oil for frying

Directions

Whisk the flour, 3 1/2 teaspoons seasoned salt, and black pepper together in a mixing bowl; set aside. Beat the egg in a separate mixing bowl, then mix in the buttermilk, beer, and hot pepper sauce until smooth; set aside. Cut the steak into strips 1/2-inch wide by 3- to 4-inches long. Place into a mixing bowl, and toss with the remaining 1 teaspoon of seasoned salt.

Gently press the steak strips into the flour to coat and shake off the excess flour. Place the steak strips into the beaten egg, then toss in the flour again. Gently toss the strips between your hands so the excess flour can fall away. Place onto a baking sheet, and freeze until solid, about 4 hours.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry the frozen steak strips in small batches (5 to 7 at a time) until the breading is golden brown, and the beef has cooked to your desired degree of doneness, about 5 minutes for medium-well.

Stir-Fried Steak and Veggies

Ingredients

1 tablespoon cornstarch
1 tablespoon brown sugar
3/4 teaspoon ground ginger
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1/2 cup cold water
1/4 cup soy sauce
1 pound boneless sirloin steak,
cut into thin strips
2 tablespoons vegetable oil
2 cups broccoli florets
2 cups cauliflowerets
1 large onion, chopped
1 cup sliced carrots
Hot cooked rice

Directions

In a small bowl, whisk together the first eight ingredients until smooth; set aside.

In a skillet or wok, stir-fry steak in oil for 3-5 minutes. Add broccoli, cauliflower, onion, carrots and soy sauce mixture; cover and cook for 8 minutes or until vegetables are crisp-tender, stirring occasionally. Serve over rice.

Pineapple-Green Onion Salsa with Cook's Ham

Ingredients

1 (2 pound) Cook's® brand Bone-in Ham Steaks
2 cups fresh ripe pineapple, trimmed, cored and chopped into 3/8-inch to 1/2-inch chunks
1/4 cup fresh lemon juice, with pulp
1 green onion, minced
1/2 red bell pepper, cored and minced, 1/8-inch to 1/4-inch
1 teaspoon lemon zest, finely minced
3 dashes Tabasco sauce
3/4 teaspoon kosher salt
2 tablespoons brown sugar
1/4 teaspoon dry mustard
1 pinch ground cloves

Directions

Prepare charcoal or gas grill. Place ham steaks on grill over medium-high heat. Grill ham steaks 3 to 5 minutes per side, turning once.

Mix together all ingredients for salsa.

Serve Ham Steak with a side of Pineapple-Green Onion Salsa.

Philly Steak Salad

Ingredients

16 ounces flank steak, cut into strips
1 green bell pepper, seeded and cut into strips
1 large onion, sliced into rings
1 (8 ounce) bottle Italian-style salad dressing
1/2 (32 ounce) package frozen curly-style French fries
1 (8 ounce) package shredded Cheddar cheese
1 head iceberg lettuce, torn into bite-sized pieces
4 tomatoes, quartered
1 (15 ounce) can garbanzo beans, drained
1 (8 ounce) bottle Ranch-style salad dressing

Directions

In a covered dish, spread out sliced steak, peppers and onions and pour the Italian dressing over all. Cover and refrigerate for at least 20 minutes.

Cook French fries according to package instructions while steak is marinating.

In a large skillet over medium-high heat, saute steak, peppers and onions until vegetables are tender and steak is cooked to your liking. Separate steak mixture into 8 equal portions while in the skillet, and top each portion with cheese. Cover and set aside to let cheese melt.

Arrange lettuce, tomatoes and garbanzo beans on 8 separate plates. Top each salad with 1/8 of the French fries and 1/8 of the steak mixture and serve with Ranch-style salad dressing.

Beef Pepper Steak

Ingredients

12 black peppercorns, coarsely ground
2 tablespoons tamari
1 clove garlic, minced
1 pinch white sugar
1 pinch salt
10 ounces beef filet
2 tablespoons butter

Directions

In a small, nonporous bowl, combine the peppercorns, tamari, garlic, sugar and salt. Add the beef filet and coat well on all sides. Cover and marinate in the refrigerator for 1 hour.

Melt butter in a medium saucepan over medium high heat. Place the beef filet in the pan and saute for 6 to 8 minutes per side, or until internal temperature reaches at least 145 degrees F (65 degrees C).

Flash-In-The-Pan Pepper Steak

Ingredients

3/4 pound boneless beef round steak, cut into thin strips
1/2 medium onion, cut into thin wedges
1/2 small green bell pepper, julienned
2 garlic cloves, minced
1 tablespoon butter or margarine
3/4 cup beef broth
1 tablespoon soy sauce
1 tablespoon cornstarch
2 tablespoons cold water
1/2 medium tomato, cut into wedges
1/4 cup fresh or frozen snow peas
1 teaspoon paprika
Hot cooked rice

Directions

In a large skillet, cook the beef, onion, green pepper and garlic in butter over medium heat for 5-7 minutes or until vegetables are tender and meat is no longer pink. Add the broth and soy sauce; bring mixture to a boil. Reduce heat; simmer, uncovered, for 1-2 minutes.

In a small bowl, combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the tomato, snow peas and paprika; cook 30 seconds longer. Serve over rice.

Marinated Venison Steaks

Ingredients

6 (4 ounce) boneless venison steaks
1/2 cup white vinegar
1/2 cup ketchup
1/4 cup vegetable oil
1/4 cup Worcestershire sauce
4 garlic cloves, minced
1 1/2 teaspoons ground mustard
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

Place venison in a large resealable plastic bag. In a bowl, combine the remaining ingredients. Pour half over the venison; seal bag and turn to coat. Refrigerate overnight. Refrigerate remaining marinade.

Drain and discard marinade from steaks. Broil 3-4 in. from the heat for 4 minutes. Turn; baste with reserved marinade. broil 4 minutes longer, basting often, or until a meat thermometer reads 160 degrees F for medium or 170 degrees F for well-done.

Southwest Steak Bites

Ingredients

1 quart oil for frying
1 egg
1/4 cup milk
2 cups all-purpose flour
2 teaspoons dry mesquite flavored seasoning mix
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/4 teaspoon ground cayenne pepper
2 pounds cube steak, cut into bite size pieces

Directions

Heat the oil in a deep fryer or heavy skillet to 365 degrees F (185 degrees C).

In a bowl, beat together the egg and milk. In a resealable plastic bag, mix the flour, mesquite seasoning, salt, pepper, garlic powder, and cayenne pepper. Dip the steak pieces in the egg mixture, then place in the plastic bag, seal, and shake to coat.

In the hot oil, fry the coated steak pieces in small batches until golden brown, about 5 minutes. Drain on paper towels.

Saskatchewan City Steak Soup

Ingredients

6 tablespoons butter
1/3 cup all-purpose flour
5 cups beef stock
2 beef bouillon cubes
1 cup vegetable juice (such as V8®)
3 dashes Worcestershire sauce
1/2 cup diced celery
1/2 cup peeled, diced carrots
1/2 cup chopped onion
1 head cabbage, shredded
1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can diced tomatoes
1 pound lean ground beef
1 teaspoon monosodium glutamate (such as Ac'cent®)
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons browning sauce (such as Kitchen Bouquet®)
salt, to taste

Directions

Melt the butter in a large saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the beef stock into the flour mixture and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Stir in the bouillon cubes, vegetable juice, and Worcestershire sauce. Bring to a boil over medium-high heat, then add celery, carrots, onion, shredded cabbage, green beans, and tomatoes. Allow soup to return to a boil, then reduce heat to medium-low. Cover and simmer until vegetables are tender, about 30 minutes.

Meanwhile, cook and stir ground beef in a skillet over medium-high heat until browned, about 10 minutes. Drain and set aside. When the vegetables in the soup are tender, stir in the ground beef and simmer for 15 minutes. Stir in monosodium glutamate, pepper, browning sauce, and salt to serve.

Grilled Rib Eye Steaks

Ingredients

1/2 cup soy sauce
1/2 cup sliced green onions
1/4 cup packed brown sugar
2 garlic cloves, minced
1/4 teaspoon ground ginger
1/4 teaspoon pepper
2 1/2 pounds beef rib eye steaks

Directions

In a large resealable plastic bag, combine the soy sauce, onions, brown sugar, garlic, ginger and pepper. Add the steaks. Seal bag and turn to coat; refrigerate for 8 hours or overnight.

Drain and discard marinade. Grill steaks, uncovered, over medium-hot heat for 8-10 minutes or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Bloody Mary Steaks with Green Olive Butter

Ingredients

4 (6 ounce) boneless beef sirloin steaks, room temperature
2 tablespoons olive oil
4 teaspoons cracked black pepper
2 teaspoons celery seed
1 1/2 cups extra spicy Bloody Mary mix
1 tablespoon orange juice concentrate
2 fluid ounces vodka
16 pitted green olives
3 tablespoons cold unsalted butter
2 teaspoons chopped garlic

Directions

Preheat a grill to medium heat.

Brush steaks on both sides with olive oil, then sprinkle with a mix of cracked pepper and celery seed. Cook steaks to desired doneness on the preheated grill. When done, allow steaks to rest on a plate while continuing with the recipe.

Bring the Bloody Mary mix, orange juice concentrate, and vodka to a boil over high heat; then reduce heat to medium, and simmer for 5 minutes. While sauce is cooking, puree the olives, butter, and garlic in a small food processor until almost smooth.

To serve, pour a pool of the sauce in the center of each plate. Slice each steak into 4 or 5 slices, and fan out over the sauce. Add a dollop of olive butter, and spoon a little more sauce overtop.

Lavender Pork Steaks

Ingredients

1 cup vegetable oil
4 tablespoons finely chopped
fresh lavender
3 tablespoons chopped fresh
rosemary
1 tablespoon chopped fresh
thyme
4 pork steaks

Directions

Preheat an outdoor grill for low heat.

Pour oil into a large, resealable plastic bag. Add lavender, rosemary, and thyme; let stand for 10 minutes. Place steaks in bag with marinade, and marinate for 5 minutes.

Lightly oil grate. Remove steaks from marinade, and arrange on grill. Cook, turning once or twice, for 20 to 30 minutes, or until done.

Red Wine Reduction Steak Sauce

Ingredients

3 tablespoons butter
1/2 yellow onion, chopped
1/2 red onion, chopped
2 large shallots, chopped
2 tablespoons minced garlic
1 roma (plum) tomato, chopped
1 pound carrots, chopped
3/4 pound fresh mushrooms,
sliced
1 (14 ounce) can beef broth
1 1/4 cups Merlot wine, divided

Directions

Heat the butter in a saucepan over medium-high heat; cook and stir the yellow and red onion, shallots, garlic, tomato, carrots, and mushrooms until the onions are translucent and the carrots have softened, 10 to 15 minutes. Pour in the beef broth and 1 cup of Merlot, and bring to a boil, scraping and dissolving any browned bits of flavor from the bottom of the pan. Reduce heat, and simmer until the vegetables are very soft and the pan juices have reduced by half, about 20 minutes.

Strain out and discard the vegetables from the sauce. Return the sauce to a boil over medium-high heat, stir in 1/4 cup of Merlot wine, and reduce heat. Simmer the sauce until it is reduced to 1/4 of its original volume, stirring occasionally, about 20 minutes.

Spinach Steak Pinwheels

Ingredients

1 1/2 pounds beef boneless sirloin steak
8 bacon strips, cooked and drained
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/8 teaspoon cayenne pepper

Directions

Make diagonal cuts in steak at 1-in. intervals to within 1/2 in. of bottom of meat. Repeat cuts in opposite direction. Pound to 1/2 in. thickness. Place bacon down the center of the meat. In a bowl, combine the spinach, Parmesan cheese, salt and cayenne; spoon over bacon. Roll up and secure with toothpicks. Cut into six slices.

Grill, uncovered, over medium heat for 6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Discard toothpicks.

Marinated Flank Steak

Ingredients

1/4 cup soy sauce
2 tablespoons vegetable oil
2 tablespoons tomato paste
1 garlic clove, minced
3/4 teaspoon dried oregano
3/4 teaspoon pepper
1 pound beef flank steak

Directions

In a large resealable plastic bag, combine the first six ingredients. Cut an 1/8-in.-deep diamond pattern into both sides of steak. Place in the bag; seal and turn to coat. Refrigerate overnight.

Drain and discard marinade. Place steak on a broiler pan. Broil 4 in. from the heat for 7-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Perfect Flat Iron Steak

Ingredients

2 pounds flat iron steak
2 1/2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon chopped fresh parsley
1/4 teaspoon chopped fresh rosemary
1/2 teaspoon chopped fresh chives
1/4 cup Cabernet Sauvignon
1/2 teaspoon salt
3/4 teaspoon ground black pepper
1/4 teaspoon dry mustard powder

Directions

Place the steak inside of a large resealable bag. In a small bowl, stir together the olive oil, garlic, parsley, rosemary, chives, Cabernet, salt, pepper and mustard powder. Pour over the steak in the bag. Press out as much air as you can and seal the bag. Marinate in the refrigerator for 2 to 3 hours.

Heat a nonstick skillet over medium-high heat. Fry the steak in the hot skillet for 3 to 4 minutes on each side, or to your desired degree of doneness. Discard the marinade. These steaks taste best at medium rare. Allow them to rest for about 5 minutes before serving.

Steak 'N' Onion Pie

Ingredients

2 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon paprika
1/2 pound boneless beef top
round steak, cut into 1/2 inch
cubes
1 small onion, sliced and
separated into rings
2 tablespoons vegetable oil
1 1/2 cups beef broth
1 cup cubed cooked potatoes
CRUST:
1 cup all-purpose flour
1/4 teaspoon salt
3 tablespoons cold butter or
margarine
3 tablespoons shortening
2 tablespoons cold water
1 teaspoon milk

Directions

In a large resealable plastic bag, combine the flour, salt, pepper and paprika; mix well. Add beef, a few pieces at a time, and shake to coat.

In a skillet, cook beef and onion in oil until beef is browned and onion is tender. Add broth to the skillet. Bring to a boil. Reduce heat; cover and simmer for 45 minutes. Uncover; stir in the potatoes. Cook until heated through. Spoon meat mixture into a greased 7-in. pie plate or 2-cup baking dish.

For the crust, in a bowl, combine the flour and salt; cut in the butter and shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Roll out pastry to fit baking dish. Use a small cookie cutter to cut a shape in the center of the pastry; place pastry over meat mixture. Trim pastry to 1/2 in. beyond edge of dish; flute edges. Brush with milk. Bake at 375 degrees F for 35-40 minutes or until pastry is lightly browned on edges.

Cumin Lamb Steaks with Smashed Potatoes,

Ingredients

20 new potatoes, halved
1 tablespoon butter
2 cloves garlic, minced
2 tablespoons brown sugar
1 cup red wine

4 (6 ounce) lamb shoulder steaks
salt and pepper to taste
1 tablespoon cumin seeds
1 tablespoon vegetable oil

2 bunches fresh spinach, cleaned
1/4 cup sour cream
2 tablespoons softened butter

Directions

Place potatoes into a large saucepan and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Melt the butter in a saucepan over medium heat. Stir in the garlic, and cook for 3 to 4 minutes until the aroma of the garlic has mellowed. Add the brown sugar and red wine, then bring to a boil over medium-high heat. Allow to boil for 5 minutes, then remove from the heat, cover, and keep warm.

Meanwhile, season the lamb steaks with salt and pepper to taste. Press the cumin seeds into the steaks on both sides. Heat the vegetable oil in a large skillet over medium-high heat. Add the steaks, and cook on both sides until cooked to your desired degree of doneness, about 4 minutes per side for medium. Remove the steaks to rest in a warm spot. Place the spinach into the hot skillet, season to taste with salt and pepper, and cook until the spinach has wilted.

Mash the potatoes with the sour cream and butter; season to taste with salt and pepper. To serve, mound a serving of mashed potatoes onto the center of a dinner plate. Top with the spinach and a lamb steak. Strain the red wine sauce overtop.

Rock's T-Bone Steaks

Ingredients

4 teaspoons salt, or to taste
2 teaspoons paprika
1 1/2 teaspoons ground black pepper
3/4 teaspoon onion powder
3/4 teaspoon garlic powder, or to taste
3/4 teaspoon cayenne pepper, or to taste
3/4 teaspoon ground coriander, or to taste
3/4 teaspoon ground turmeric, or to taste
4 (16 ounce) t-bone steaks, at room temperature

Directions

Preheat an outdoor grill for high heat, and lightly oil the grate. Stir the salt, paprika, black pepper, onion powder, garlic powder, cayenne pepper, coriander, and turmeric together in a small bowl; set aside.

Rub the steaks on all sides with the seasoning mixture. Cook on the preheated grill to your desired degree of doneness, 3 to 3 1/2 minutes per side for medium-rare. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).

Firecracker Flank Steak

Ingredients

1 (16 ounce) jar Pace® Thick & Chunky Salsa
2 cups orange juice
1/2 cup olive oil
2 tablespoons packed brown sugar
2 tablespoons soy sauce
2 tablespoons Dijon-style mustard
1 teaspoon ground ginger root
2 pounds beef flank steak
Hot cooked rice
Chopped fresh parsley

Directions

Mix the salsa, orange juice, oil, sugar, soy, mustard and ginger in a nonmetallic shallow dish or large resealable plastic bag. Add the steak and turn it to coat with marinade. Cover the dish or seal the plastic bag and refrigerate for at least 1 hour or up to 24 hours.

Lightly oil the grill rack and heat the grill to medium. Grill steak until desired doneness, basting it frequently with marinade.

Heat the remaining marinade in a small saucepan over medium-high heat to a boil. Reduce the heat to low and cook for 10 minutes.

Slice the steak across the grain at a 45-degree angle to the cutting surface. Serve with the rice and the sauce. Top with the parsley.

Special Salmon Steaks

Ingredients

2 (8 ounce) salmon steaks
2 tablespoons butter or margarine, melted
2 tablespoons lemon juice
1 green onion, sliced
1 tablespoon minced fresh parsley
1/4 teaspoon garlic salt
1/8 teaspoon lemon-pepper seasoning

Directions

Place salmon in a lightly greased 8-in. square baking dish. Top with butter and lemon juice. Combine onion, parsley, garlic salt and lemon pepper; sprinkle over salmon. Bake, uncovered, at 400 degrees F for 15-20 minutes or until fish flakes easily with a fork.

Baked Fake Steak with Gravy

Ingredients

3 pounds ground beef
17 saltine crackers, finely crushed
1/2 cup milk
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1/4 teaspoon ground black pepper
1 pinch salt, or to taste
1/2 cup all-purpose flour
1 tablespoon vegetable oil
1 1/2 cups water
1 (10.75 ounce) can condensed beef and mushroom soup
1 (.75 ounce) packet dry brown gravy mix

Directions

In a large bowl, mix together the ground beef, saltine crackers and milk. Season with garlic powder, onion powder, salt and pepper, and mix until well blended. Line a 10x15 inch jellyroll pan with waxed paper. Press the beef mixture firmly into the pan. Cover with plastic wrap, and refrigerate 8 to 10 hours, or overnight.

Preheat the oven to 350 degrees F (175 degrees C). Remove plastic wrap from meat, and rub flour over the top side of the beef. Flip out of the pan onto waxed paper, and rub flour on the other side as well. Cut into pieces (I use a pizza cutter).

Heat oil in a large heavy skillet over medium-high heat. Fry the meat until browned on each side, turning only once. Remove to a 9x13 inch baking dish. In a medium bowl, mix together the water, condensed soup, and gravy mix. Pour over the meat in the dish. Cover the dish loosely with aluminum foil.

Bake for 1 hour in the preheated oven. Serve fake steak and gravy with potatoes, rice, or noodles.

Marinade for Steak I

Ingredients

1 cup vegetable oil
1/2 cup soy sauce
1/3 cup red wine vinegar
1/4 cup fresh lemon juice
3 tablespoons Worcestershire sauce
1 tablespoon freshly ground black pepper
2 tablespoons Dijon-style prepared mustard
1 onion, sliced
2 cloves garlic, minced

Directions

In a medium bowl, combine the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, ground black pepper, mustard, onion, and garlic. Mix together well, and use to marinate your favorite meat.

Sicilian Style Steak

Ingredients

1 cup Italian seasoned dry bread crumbs
1 cup grated Parmesan cheese
1 teaspoon seasoned salt
1 tablespoon garlic powder
1/2 cup olive oil
2 (16 ounce) t-bone steaks

Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a broiler pan.

Stir the bread crumbs, Parmesan cheese, seasoned salt, and garlic powder together in a shallow dish such as a pie plate. Pour the olive oil into a separate shallow dish. Dip the t-bone steaks in the olive oil on both sides; allow excess to drip off. Press the steaks into the bread crumb mixture, and place onto the prepared broiler pan.

Bake on the middle rack in the preheated oven until the steaks have cooked to your desired degree of doneness, about 15 minutes for medium. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C) for medium.

Chicken Fried Steak II

Ingredients

1 (5 ounce) can evaporated milk
2 1/2 tablespoons hot pepper sauce
3/4 teaspoon salt
2 cups all-purpose flour
2 1/2 teaspoons paprika
1/2 teaspoon garlic powder
salt to taste
3/4 teaspoon ground black pepper
3 pounds round steak, pounded to about 1/2 inch thickness
4 cups vegetable oil

Directions

Combine the milk, hot pepper sauce and salt in a medium bowl. Measure one cup of flour into a second medium bowl. In a third medium bowl, combine the remaining flour, paprika, garlic powder, salt and ground black pepper.

First coat the steak in the unseasoned flour, then dip in the milk mixture, and finally coat meat in the seasoned flour. Repeat as necessary if there's more than one piece of meat.

Heat the oil in a medium skillet over medium high heat. Fry the coated meat in the oil for 3 minutes per side, or until golden brown. Drain meat on paper towels. (Note: Make sure the oil is fully heated before deep frying.)

Coffee Marinated Steak

Ingredients

2 tablespoons sesame seeds
6 tablespoons butter or margarine
1 medium onion, chopped
4 garlic cloves, minced
1 cup strong brewed coffee
1 cup soy sauce
2 tablespoons white vinegar
2 tablespoons Worcestershire sauce
2 pounds boneless beef top sirloin steak, cut 1 inch thick

Directions

In a skillet, toast sesame seeds in butter. Add onion and garlic; saute until tender. In a bowl, combine the coffee, soy sauce, vinegar, Worcestershire sauce and sesame seed mixture. Pour half into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for 8 hours or overnight, turning occasionally. Cover and refrigerate remaining marinade.

Drain and discard marinade from steak. Grill steak, covered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Warm reserved marinade and serve with steak.

Smoky Steak Marinade

Ingredients

1/2 cup Worcestershire sauce
1/4 cup liquid smoke
1 1/2 tablespoons salt
3 tablespoons seasoned salt
2 tablespoons garlic powder
2 1/2 tablespoons onion powder

Directions

Whisk together Worcestershire sauce, liquid smoke, salt, seasoned salt, garlic powder, and onion powder in a bowl until the salts have dissolved.

To use, pour the marinade over up to 2 pounds of meat in a resealable plastic bag. Seal the bag, and refrigerate overnight. The following morning, discard the marinade, and cook the meat as desired.

Rosemary Steak

Ingredients

1 cup red wine
1 teaspoon salt
1 sprig fresh rosemary
4 New York strip steaks, cut 1-inch thick

Directions

Combine the red wine, salt and rosemary in a small bowl. Let stand at room temperature for 2 to 3 hours.

Heat a large griddle or cast-iron skillet over high heat. Place the steaks on the hot pan, and cook for about 8 minutes per side, or to desired degree of doneness. The internal temperature should be at least 145 degrees F (62 degrees C) for medium rare. Pour in the wine mixture, and allow it to boil for a minute. Serve steaks with sauce on a deep platter.

Seasoned Flank Steak

Ingredients

1/4 cup vegetable oil
2 tablespoons water
1 tablespoon lemon-pepper seasoning
1 teaspoon seasoned salt
1 (1 1/2-pound) beef flank steak

Directions

In a large resealable plastic bag, combine the first four ingredients; add steak. Seal bag and turn to coat; refrigerate for 1-2 hours, turning occasionally.

Grill steak, uncovered, over medium-hot heat for 6-12 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Doreen's Steak Marinade

Ingredients

1/3 cup sherry
1/3 cup soy sauce
1/3 cup vegetable oil
2 tablespoons honey
2 tablespoons grated fresh ginger
root
1 clove garlic, minced

Directions

In a medium bowl, mix sherry, soy sauce, vegetable oil, honey, ginger, and garlic. Marinate steaks for at least 4 hours before grilling as desired.

Spinach-Stuffed Steak

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained
1 (7 ounce) jar roasted red peppers, drained
1 egg white
1/2 cup seasoned bread crumbs
1/4 cup grated Parmesan cheese
1/4 cup sunflower kernels, toasted
1 garlic clove, minced
1/2 teaspoon salt
1 (1 1/2-pound) flank steak

Directions

In a bowl, combine the first eight ingredients; mix well.

Cut steak horizontally from a long edge to within 1/2 in. of opposite edge; open (like a book) and flatten to 1/2-in. thickness. Spread spinach mixture over the steak to within 1 in. of edges. Roll up, jelly-roll style, starting with a long side; tie with kitchen string. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

Cover and bake at 350 degrees for 1 hour. Uncover; bake 30-45 minutes longer or until tender. Let stand for 10-15 minutes. Cut into 1/2-in. slices.

Mock Chicken Fried Steak

Ingredients

1 pound ground beef
2 teaspoons chopped fresh parsley
1 tablespoon chili powder
1 teaspoon salt
1 egg
2 cups crushed saltine crackers, divided
1/2 cup oil for frying

Directions

In a medium bowl, mix together the ground beef, parsley, chili powder, salt, egg, and 1 cup of crushed saltine crackers. Form into 6 balls, then flatten into patties. Coat patties with remaining cracker crumbs, and place them on a plate. Refrigerate for at least 30 minutes.

Heat the oil in a large skillet over medium heat. Fry patties for about 7 minutes per side, or until the centers are well done and the outside is golden brown.

Marinated Sirloin Steak

Ingredients

1 cup lemon-lime soda
3/4 cup vegetable oil
3/4 cup soy sauce
1/4 cup lemon juice
1 teaspoon garlic powder
1 teaspoon prepared horseradish
1 pound boneless beef sirloin
steak

Directions

In a large resealable plastic bag, combine the first six ingredients. Add steak and turn to coat. Seal and refrigerate 8 hours or overnight, turning occasionally.

Drain and discard marinade. Grill steaks, covered, over medium-hot heat for 3-5 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Creole Pan-Fried Flat Iron Steak

Ingredients

2 pounds flat iron steak
1 tablespoon hot pepper sauce (e.g. Tabasco, etc.)
2 tablespoons lime juice
2 teaspoons garlic salt
1/8 teaspoon salt
1/8 teaspoon ground black pepper
2 1/4 teaspoons blackened seasoning
1/2 cup butter
1/2 cup water

Directions

Heat a skillet over medium heat. Season the steak with hot pepper sauce. Sprinkle or mist with a little lime juice and season lightly with just a portion of the garlic salt, salt, black pepper and blackened seasoning.

Place the steak in the pan and cover with a lid. Cook for about 20 minutes, or to your desired degree of doneness, turning and adding more seasoning every 5 minutes.

Remove steaks to a serving platter and keep warm. Stir butter and water into the pan, removing any browned bits from the bottom to make a gravy. Season with additional garlic salt, salt and pepper to taste. Serve steaks with gravy drizzled over them.

Lemon Basil Pesto Flat Iron Steak

Ingredients

4 cloves garlic
2 cups packed fresh basil leaves
1/3 cup pine nuts
1/2 cup extra-virgin olive oil
1/2 cup freshly grated Parmesan cheese
1 1/2 tablespoons fresh lemon juice
3/4 teaspoon red pepper flakes
6 (6 ounce) flat iron steaks
2 large cloves garlic, minced
salt and pepper to taste

Directions

Chop 4 garlic cloves in a food processor until minced. Add the basil and pine nuts, and pulse a few times to combine. With the food processor running, slowly pour in the olive oil, stopping once or twice to scrape down the sides. Place the Parmesan cheese, lemon juice, and red pepper flakes into the food processor, and pulse until blended. Season to taste with salt and pepper.

Rub the flat iron steaks with 2 cloves minced garlic, season to taste with salt and pepper, then set aside. Preheat an outdoor grill for medium-high heat and lightly oil grate.

Grill the steaks to desired degree of doneness on preheated grill, about 4 minutes per side for medium. Baste the steaks occasionally with a little of the pesto sauce. Once done, serve topped with the remaining pesto.

Fiesta Grilled Ham Steak

Ingredients

1 (2 pound) Cook'sB® brand
Bone-In Thick Cut Ham Steak
3/4 cup jalapeno pepper jelly
2 cloves garlic, minced
1/4 cup chopped cilantro

Directions

Preheat charcoal or gas grill. In a small saucepan, heat jelly and garlic over medium heat until jelly is melted (or, in a microwave-safe bowl, heat in microwave oven at high power until melted, about 1 minute). Stir in cilantro. Set aside 1/4 cup mixture for serving.

Place ham steaks on grill over medium heat. Grill 3 minutes. Turn ham steaks; brush with half of remaining jelly mixture and continue to grill 3 minutes. Turn again; brush with remaining half of jelly mixture and continue to grill 1 to 2 minutes or until ham is glazed and heated through. Serve with reserved jelly mixture.

Pepper Steak and Rice

Ingredients

1 cup uncooked long-grain white rice
2 cups water
2 tablespoons olive oil
1 medium onion, sliced and separated into rings
1/2 green bell pepper, julienned
1 pound boneless sirloin steak, cut into thin strips
2 cloves garlic, peeled and chopped
1 teaspoon browning sauce
1 tablespoon ground paprika
seasoning salt to taste
ground black pepper to taste
1 1/2 cups water
2 tablespoons cornstarch
1/2 cup water

Directions

Place rice and 2 cups water in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.

Heat olive oil in a medium saucepan over medium heat, and saute onion and green bell pepper until tender.

Stir steak, garlic, and browning sauce into the onion and green bell pepper mixture. Season with paprika, seasoning salt, and black pepper. Cook and stir until steak is evenly browned. Mix in 1 1/2 cups water, and bring to a boil.

In a small bowl, dissolve cornstarch in 1/2 cup water. Stir into the boiling steak mixture until thickened. Serve over the cooked rice.

Tasty Tuna Steak

Ingredients

1 tablespoon olive oil
1 1/2 teaspoons whole fennel seeds
3 cloves garlic, minced
1 red bell pepper, cut into thin strips
3/4 cube fish bouillon, crushed
1/2 lemon, juiced
2 tablespoons dry white wine
1 head baby bok choy, cleaned and sliced

salt and black pepper to taste
1 1/2 teaspoons fennel seeds, crushed
1 (8 ounce) tuna steak
1 tablespoon olive oil

Directions

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in 1 1/2 teaspoons of whole fennel seeds, and cook until they bubble and begin to pop, about 30 seconds. Stir in the garlic and red bell pepper; cook and stir for 2 minutes. Stir in the fish bouillon until dissolved, then add the lemon juice, white wine, and bok choy. Cook and stir until the bok choy is tender, about 5 minutes.

Meanwhile, combine some salt and pepper with the crushed fennel seeds on a plate. Press the tuna steak into the salt mixture on both sides. Heat the remaining tablespoon of olive oil in a separate skillet over high heat. Place the tuna steak in the skillet, and cook until browned on both sides and cooked to your desired degree of doneness, about 45 seconds per side for rare.

Cut the tuna into 1/4-inch thick slices and arrange onto a serving platter. Top with the bok choy mixture to serve.

John's Mango Steak

Ingredients

1/4 cup olive oil
1/4 cup minced apple
1/2 cup diced honeydew
1/2 cup diced mango
1 tablespoon garlic salt
2 tablespoons Worcestershire sauce
2 teaspoons kosher salt
1/4 teaspoon hot pepper sauce
1 tablespoon ground black pepper
6 pounds beef steaks

Directions

In a small saucepan over low heat, combine the oil, apple, honeydew, mango, garlic salt, Worcestershire sauce, kosher salt, hot pepper sauce to taste and ground black pepper.

Heat for about 5 minutes to get warm. Place the steak in a shallow nonporous dish. Cover with the marinade and refrigerate, covered, for at least 3 hours. Flip steak over halfway through marinating.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill steak for 10 minutes per side, dousing with remaining marinade, if desired. Steak is done when internal temperature reaches at least 145 degrees F (63 degrees C).

Sesame Sirloin Steak

Ingredients

1/4 cup soy sauce
2 tablespoons sesame seeds,
toasted
2 garlic cloves, minced
2 tablespoons olive or vegetable
oil
2 tablespoons brown sugar
1/4 teaspoon pepper
1 dash hot pepper sauce
3/4 pound (3/4 inch thick)
boneless beef sirloin steak

Directions

In a large resealable plastic bag, combine the soy sauce, sesame seeds, garlic, oil, brown sugar, pepper and hot pepper sauce. Pierce steak on both sides with a fork; place in the bag. Seal and turn to coat; refrigerate for 8 hours or overnight.

Drain and discard marinade. Grill the steak, covered, over medium heat for 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

President Ford's Braised Eye Round Steak

Ingredients

2 tablespoons vegetable oil
2 large onions, sliced
12 (4 ounce) beef eye of round steaks
1/4 teaspoon dried thyme
1 teaspoon seasoned salt
1/4 cup all-purpose flour for coating
1 cup beef consomme
1 cup Burgundy wine
1 teaspoon chopped fresh parsley

Directions

Heat the oil in a large skillet over medium-high heat. Add onions; cook and stir until lightly browned and tender, about 5 minutes. Remove the onions from the skillet using a slotted spoon and set aside in a bowl. Season the steaks with thyme and seasoned salt, then dust them lightly with flour. Fry the steaks in the skillet over medium-high heat until browned on each side, about 5 minutes per side.

Pour the red wine and beef consomme in with the beef. Return the cooked onions to the pan. Cook over medium-high heat until the aroma of wine dissipates, 2 to 3 minutes. Reduce heat to low, cover, and simmer for 1 hour. Serve steaks with the sauce and a garnish of fresh parsley.

Slow-Cooked Flank Steak

Ingredients

1 (1 1/2-pound) flank steak, cut in half
1 tablespoon vegetable oil
1 large onion, sliced
1/3 cup water
1 (4 ounce) can chopped green chilies
2 tablespoons vinegar
1 1/4 teaspoons chili powder
1 teaspoon garlic powder
1/2 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a skillet, brown steak in oil; transfer to a slow cooker. In the same skillet, saute onion for 1 minute. Gradually add water, stirring to loosen browned bits from pan. Add remaining ingredients; bring to a boil. Pour over the flank steak. Cover and cook on low for 7-8 hours or until the meat is tender. Slice the meat; serve with onion and pan juices.

Kicky Steak Strips with Rice

Ingredients

1/2 cup Worcestershire sauce
2 tablespoons yellow mustard
1 pound top sirloin steak, cut into thin strips
1 cup uncooked long-grain white rice
2 cups water
1 tablespoon olive oil
1/2 cup chopped sweet onion
2 cloves garlic, peeled and chopped
1 teaspoon pepper

Directions

In a medium container, mix Worcestershire sauce and mustard. Place steak strips in the mixture. Cover, and marinate in the refrigerator at least 30 minutes.

Place rice and water in a medium saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes.

Heat olive oil in a medium saucepan over medium heat. Stir in the onion and garlic, and cook until tender. Season with pepper. Place steak into the saucepan and cook 5 to 7 minutes on each side, to desired doneness. Discard remaining marinade. Serve over the cooked rice.

Steak Salad

Ingredients

1 3/4 pounds beef sirloin steak
1/3 cup olive oil
3 tablespoons red wine vinegar
2 tablespoons lemon juice
1 clove garlic, minced
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
3/4 cup crumbled blue cheese
8 cups romaine lettuce - rinsed, dried, and torn into bite-size pieces
2 tomatoes, sliced
1 small green bell pepper, sliced
1 carrot, sliced
1/2 cup sliced red onion
1/4 cup sliced pimento-stuffed green olives

Directions

Preheat grill for high heat.

Lightly oil grate. Place steak on grill and cook for 3 to 5 minutes per side or until desired doneness is reached. Remove from heat and let sit until cool enough to handle. Slice steak into bite size pieces.

In a small bowl, whisk together the olive oil, vinegar, lemon juice, garlic, salt, pepper and Worcestershire sauce. Mix in the cheese. Cover and place dressing in refrigerator.

Onto chilled plates arrange the lettuce, tomato, pepper, onion and olives. Top with steak and drizzle with dressing. Serve with crusty grilled French bread. Enjoy!

Halibut Steaks

Ingredients

1 tablespoon olive oil
1 small onion, halved and thinly sliced
1/2 bell pepper, sliced thinly
8 ounces sliced fresh mushrooms
1 clove chopped fresh garlic
2 medium zucchini, julienned
6 (6 ounce) halibut steaks
1/2 teaspoon dried basil
1/2 teaspoon salt, or to taste
1/2 teaspoon ground black pepper
1 medium tomato, thinly sliced

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Heat the olive oil in a skillet over medium heat. Add the onion, bell pepper, mushrooms, garlic and zucchini. Cover, and cook stirring occasionally, until the onions are translucent, about 5 minutes.

Place halibut steaks into a shallow baking dish, and top with the sauteed vegetables. Season with basil, salt and pepper.

Bake for 10 minutes in the preheated oven, then remove the dish, and cover the fillets with a layer of sliced tomato. Return to the oven, and bake for an additional 10 minutes, or until fish flakes easily with a fork.

Steaks With Roquefort Sauce

Ingredients

2 tablespoons butter
1 tablespoon olive oil
4 (5 ounce) beef sirloin steaks
salt and coarsely ground black pepper to taste
2 tablespoons brandy
1 cup heavy cream
3 ounces Roquefort cheese, crumbled
Italian flat leaf parsley, for garnish

Directions

Melt the butter and heat the oil in a skillet over high heat. Season steaks with salt and pepper, and quickly sear on both sides. Reduce heat to medium, and continue cooking steaks 5 minutes on each side, or to desired doneness. Remove from skillet and keep warm.

Pour brandy into the skillet and stir to loosen browned bits from bottom. Stir in cream, and return to a boil. Cook and stir until sauce is thick enough to coat the back of a spoon. Mix cheese into the sauce until melted. Pour over the steaks to serve. Garnish steaks with parsley.

Steakhouse Wheat Bread for the Bread Machine

Ingredients

3/4 cup warm water
1 tablespoon butter, softened
1/4 cup honey
1/2 teaspoon salt
1 teaspoon instant coffee granules
1 tablespoon unsweetened cocoa powder
1 tablespoon white sugar
1 cup bread flour
1 cup whole wheat flour
1 1/4 teaspoons bread machine yeast

Directions

Place the warm water, butter, honey, salt, coffee, cocoa, sugar, bread flour, whole wheat flour, and bread machine yeast in the pan of a bread machine in the order listed. Put on regular or basic cycle with light crust.

Cheddar Mushroom Pork Steaks

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1 (11 ounce) can condensed cheese soup
2 (10.75 ounce) cans milk
8 thick cut pork steaks
1 tablespoon dried oregano
1 tablespoon dried basil
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, combine the mushroom soup, Cheddar cheese soup and the milk. Mix until well blended. Season the pork steaks with the oregano, basil and salt and pepper to taste.

Pour about 2 cups of the sauce into a 9x13 inch baking dish and place the pork steaks over the sauce. Top the steaks with the remaining sauce.

Bake, uncovered, at 375 degrees F (190 degrees C) for 1 hour, then turn steaks over, making sure they're always covered with the sauce, and bake for another 30 minutes.

Steak on a Stick

Ingredients

1/2 cup soy sauce
1/4 cup olive oil
1/4 cup water
2 tablespoons molasses
2 teaspoons mustard powder
1 teaspoon ground ginger
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 pounds flank steak, cut into thin strips
32 wooden skewers (8 inch long)
soaked in water

Directions

In a large resealable bag, combine the soy sauce, olive oil, water, molasses, mustard powder, ginger, garlic powder and onion powder. Seal and shake the bag to mix together. Add steak strips to the bag and seal. Refrigerate for at least 8 hours to marinate.

Preheat the oven's broiler. Thread meat onto skewers and place on a broiling rack.

Broil the steak for 3 to 4 minutes on each side. Arrange on a platter to serve.

Comforting Cube Steaks

Ingredients

4 (4 ounce) cube steaks
1/2 teaspoon Cajun seasoning, or to taste
1/4 teaspoon freshly ground black pepper
1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
2 (10.75 ounce) cans condensed cream of mushroom soup
1 (1 ounce) envelope dry onion soup mix

Directions

Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.

Season the steaks on both sides with Cajun seasoning and black pepper. Place the steaks into the prepared baking dish. Pour the lemon-lime beverage over them. Combine the cream of mushroom soup and dry onion soup mix, and pour over the steaks.

Bake, uncovered, for about 1 hour, or until meat reaches desired doneness. Do not open the oven door during the first hour of cooking. Serve steaks with gravy spooned over.

Joy's Awesome Pepper Steak

Ingredients

3/4 cup white rice
1 1/2 cups water
1 teaspoon beef bouillon granules
3/4 cup water
2 tablespoons cornstarch
1/4 cup water
2 tablespoons red wine vinegar
2 tablespoons spaghetti sauce
1 tablespoon steak sauce
1 tablespoon salsa picante
1 tablespoon brown sugar
1 teaspoon ground ginger
1 tablespoon butter
1 teaspoon soy sauce
1 1/2 pounds boneless beef sirloin steak, cut into serving size pieces
1/2 teaspoon garlic powder
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 onion, thinly sliced
4 mild yellow pepper rings, drained

Directions

Bring the rice and 1 1/2 cups water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Put the cooked rice into a large serving bowl.

While the rice cooks, bring beef bouillon and 3/4 cup water to a boil in a saucepan; cook until the bouillon dissolves completely. Whisk the cornstarch and 1/4 cup water together in a small bowl until smooth; stir the red wine vinegar, spaghetti sauce, steak sauce, salsa picante, brown sugar, and ginger into the cornstarch mixture; pour the resulting sauce into the bouillon and water. Simmer until hot, about 5 minutes.

Melt the butter with the soy sauce in a large skillet over medium heat; cook the beef in the melted butter mixture until it begins to brown, about 5 minutes. Pour the sauce from the saucepan into the skillet; season with the garlic powder, cinnamon, salt, and pepper. Bring the mixture to a boil; lower heat to medium-low and simmer, stirring occasionally, until the sauce is thick and sticks to the beef, 20 to 30 minutes.

Pour the skillet mixture over the rice. Cook the onion and pepper rings in the skillet until softened, 5 to 7 minutes; scrape the onions, peppers, and remaining juices onto the beef and rice to serve.

Juicy Butt Steaks

Ingredients

2 pork shoulder (Boston butt) steaks
1 large onion, sliced
2 cups ketchup
2 cups water
salt and pepper to taste
1 teaspoon garlic powder, or to taste

Directions

Heat a large skillet over medium heat. Season the pork steaks on both sides with salt, pepper and garlic powder. Place in the skillet and cook until browned on each side, about 4 minutes per side.

Place sliced onions on top of the steaks in the pan. Stir together the ketchup and water in a medium bowl; pour over the steaks. Bring to a simmer, then reduce the heat to medium-low, cover and cook for about 2 hours. The longer you cook, the better the meat tastes.

Firecracker Salmon Steaks

Ingredients

1/4 cup balsamic vinegar
1/4 cup chili sauce
1/4 cup packed brown sugar
3 garlic cloves, minced
2 teaspoons minced fresh parsley
1 teaspoon minced fresh
gingerroot
1/4 teaspoon cayenne pepper
1/4 teaspoon crushed red pepper
flakes (optional)
4 (6 ounce) salmon steaks

Directions

Coat grill rack with nonstick cooking spray before starting the grill. In a small bowl, combine the vinegar, chili sauce, sugar, garlic, parsley and seasonings. Grill salmon, covered, over medium heat for 4-5 minutes on each side or until fish flakes easily with a fork, brushing occasionally with sauce.

Breaded SPAM® Steaks

Ingredients

1 quart vegetable oil for frying
1 (12 ounce) can fully cooked luncheon meat (such as SPAM®), cut into 1/4 inch slices
1 cup all-purpose flour
2 eggs, beaten
2 cups Italian seasoned bread crumbs

Directions

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Gently press the luncheon meat slices into the flour to coat and shake off the excess flour. Dip into the beaten egg, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Place the breaded luncheon meat slices onto a plate while breading the rest; do not stack.

Deep fry the luncheon meat a few slices at a time until hot and golden brown, 3 to 5 minutes. Drain on a paper towel lined plate before serving.

Grilled Ham Steak

Ingredients

1/4 cup apricot or plum preserves
1 tablespoon prepared mustard
1 teaspoon lemon juice
1/8 teaspoon ground cinnamon
1 (2 pound) 1 inch thick ham steak

Directions

In a small saucepan, combine the preserves, mustard, lemon juice and cinnamon. Cook and stir over low heat for 2-3 minutes. Set glaze aside. Score edges of ham. Grill, uncovered, over medium heat for 8-10 minutes on each side, brushing with glaze during the last few minutes of grilling.

Easy Steak Sandwich

Ingredients

2 tablespoons butter
1/4 medium onion, sliced
4 large fresh mushrooms, sliced
1/4 green bell pepper, sliced into long strips
1 (1/2 pound) well-marbled beef steak of any type, sliced as thinly as possible
3 tablespoons chopped pickled hot peppers
1 teaspoon Hot pepper sauce
2 slices sharp Cheddar cheese
salt and pepper to taste
1/3 French baguette, cut in half lengthwise

Directions

Melt 1 tablespoon of butter in a large skillet over medium heat. Add the onion; cook and stir until tender. Push onion to the side of the pan, and add the mushrooms. Cook and stir until softened, then add the bell pepper and cook just until tender, about 3 minutes. Remove from the pan with a slotted spoon, and set aside.

Add the remaining butter to the skillet. No need to clean the pan, just let it heat up a little bit. Place the steak in the skillet along with the pickled peppers. Season with salt and pepper. The steak cooks really fast, just a couple of minutes. Once the steak is mostly browned, return the onion and pepper to the pan. Cook until heated through.

Turn off the heat, and place the slices of cheese over the top of the pile so they can melt. Scoop the whole pile into the awaiting bread, making sure to pour some of the juices onto that wonderful sandwich.

Simmered Swiss Steak

Ingredients

1/4 cup mashed potato flakes
1 1/4 teaspoons garlic powder,
divided
1/4 teaspoon onion powder
1/4 teaspoon pepper
1 pound boneless beef round
steak
2 tablespoons vegetable oil
1 cup chopped onion
1 (14.5 ounce) can diced
tomatoes, undrained
1/2 cup beef broth

Directions

In a bowl, combine the potato flakes, 1/4 teaspoon garlic powder, onion powder and pepper; sprinkle over steak. Pound with a mallet to tenderize.

In a large skillet over medium heat, brown steak in oil on both sides. Remove and set aside. In the same skillet, saute onion and remaining garlic powder until onion is tender. Return steak to the pan; add tomatoes and broth. Cover and simmer for 1 hour or until meat is tender.

Grilled Pork Steaks with Lemon Butter Sauce

Ingredients

3 tablespoons butter
2 teaspoons lemon juice
1 clove garlic, minced
6 pork chops
1 pinch kosher salt

Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Melt the butter in a small saucepan over medium heat. Stir in the lemon juice and the garlic and heat until garlic is tender. Remove from heat.

Arrange the chops on a plate and coat top side of each chop with the butter mixture. Place chops on the grill butter side down.

Sear over high heat for 1 minute, coating the top side of the chops with the butter mixture while the other side is grilling. Flip the chops and sear the other side for 1 minute.

Turn the meat, cover the grill and cook 3 to 5 more minutes per side, brushing occasionally with the remaining butter mixture. Pork chops are done when internal temperature reaches 160 degrees F (70 degrees C).

Ham Steak Kabobs

Ingredients

1 Cook's® brand Bone-in Ham Steak, cut in 1-inch cubes
1 red pepper, cut into 1-inch chunks
1 green pepper, cut into 1-inch chunks
Cherry tomatoes
Mushroom caps
1 1/2 cups pineapple chunks, fresh or canned
1 medium onion, cut into 1/2-inch pieces
8 wooden (soaked in water) or metal skewers

Directions

Preheat grill. Skewer the ham, alternating with remaining ingredients. Heat on grill for approximately 3 to 4 minutes per side or until golden brown. Serve hot.

Citrus-Ginger Tuna Steaks

Ingredients

1/2 cup olive oil
1/4 cup white wine vinegar
2 tablespoons soy sauce
1 tablespoon lemon juice
1 tablespoon lime juice
2 garlic cloves, minced
1 tablespoon minced fresh ginger root
2 (8 ounce) tuna steaks

Directions

In a bowl, combine the first seven ingredients. Pour 1/2 cup marinade into a large resealable plastic bag; add tuna steaks. Seal bag and turn to coat; refrigerate for 2-4 hours. Cover and refrigerate remaining marinade.

Drain and discard marinade from tuna. Coat grill rack with nonstick cooking spray before starting grill. Grill tuna, uncovered, for 5-7 minutes on each side or until fish flakes easily with a fork. Serve with the reserved marinade.

Tender Flank Steak

Ingredients

1/4 cup soy sauce
2 tablespoons water
3 cloves garlic, thinly sliced
1 tablespoon brown sugar
1 tablespoon vegetable oil
1/2 teaspoon ground ginger
1/2 teaspoon pepper
1 (1 pound) flank steak

Directions

In a large resealable plastic bag or shallow glass container, combine the first seven ingredients; mix well. Add steak and turn to coat. Cover and refrigerate for 8 hours or overnight, turning occasionally. Drain and discard marinade. Grill, covered, over medium-hot heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

St. Louis Pork Steaks

Ingredients

5 pork shoulder steaks
1 pinch seasoned salt to taste
1/8 teaspoon seasoned pepper to taste
2 cups apple cider vinegar
1 1/2 cups water

Directions

Preheat grill to medium-low heat.

Season the pork steaks on both sides with seasoned salt and seasoned pepper. In a large bowl, stir together the vinegar and water, and season with seasoned salt and seasoned pepper to taste.

Lightly oil the grill grate. Place pork steaks on the grill. Baste steaks with the vinegar mixture on both sides during the first 15 minutes of grilling. Continue to cook steaks to desired doneness, 10 to 15 more minutes. Discard remaining vinegar mixture.

Easy Flat Iron Steak in Wine Sauce

Ingredients

2 (6 ounce) flat iron steaks
2 tablespoons olive oil
1/8 teaspoon cayenne pepper, or to taste
1 teaspoon ground black pepper
1 tablespoon ground paprika
1 teaspoon salt
1 1/2 teaspoons dry mustard powder
1 1/2 teaspoons garlic powder
3 tablespoons olive oil
1/2 cup dry red wine
1 cup sliced portobello mushrooms

Directions

Allow the steaks to come to room temperature.

Stir together 2 tablespoons of olive oil, cayenne pepper, black pepper, ground paprika, salt, mustard powder, and garlic powder in a small bowl to make a paste.

Prick steaks all over with a fork and rub them well with the spice rub paste, working the rub into the meat.

Heat a large, heavy skillet over high heat and add the remaining 3 tablespoons of olive oil. Heat oil until it just begins to smoke and quickly sear the steaks until the outside has browned but the center is still blood red and just warmed, 2-3 minutes per side. An instant-read thermometer inserted into the center should read 115 degrees F (46 degrees C).

Remove steaks from skillet with tongs. Pour the dry red wine into the skillet, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the sliced portobello mushrooms, and cook and stir until mushrooms are cooked and have released their liquid, about 5 minutes.

Return steaks to the skillet on top of the mushroom-wine sauce. Reduce heat to LOW and cook until sauce reduces and thickens, about 5 minutes. Remove steaks to serving platter and pour mushroom sauce over steaks to serve.

Special Strip Steaks

Ingredients

2 (8 ounce) beef strip steaks
1 garlic clove, halved
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon butter
1/4 cup sherry or beef broth
1/4 teaspoon Worcestershire sauce
2 tablespoons chopped green onion

Directions

Rub steaks with garlic and sprinkle with salt and pepper; set aside. Melt butter in a large skillet. Add the sherry or broth, Worcestershire sauce and onion. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Add the steaks and cook over medium heat for 3-7 minutes on each side or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F, medium, 160 degrees F, well-done, 170 degrees F).

Mean Mr. Mustard Steak

Ingredients

4 1-inch thick rib-eye steaks
1/4 cup grill seasoning (such as Montreal Steak Seasoning®)
1/2 cup grainy French mustard (such as Moutarde de Meaux®)
1 cup diced red onion, divided
2 tablespoons unsalted butter

Directions

Score both sides of each steak by making diagonal slices. Season with grill seasoning. Brush each side of the steak with the mustard, then press 1/2 of the red onions into the mustard on one side of the steak.

Melt the butter in a large skillet over high heat. Place the steaks onion side down in the skillet. Press the remaining onions evenly into the mustard on the top side of each steak. Cook steaks until they start to firm, and are browned on the outside and red in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 125 degrees F (52 degrees C). Remove steaks from the skillet, and allow them to rest for 5 minutes before serving.

Carne Asada Steak Sandwich with Avocado Salad

Ingredients

2 tablespoons cayenne pepper
6 tablespoons paprika
3 tablespoons ground black pepper
1 tablespoon ground cumin
3 tablespoons onion powder
3 tablespoons garlic powder
1 tablespoon ground allspice
1 tablespoon ground dried thyme
1/4 cup olive oil
4 pounds flat iron steak

3 avocados - peeled, pitted, and cubed
1/4 cup chopped green onions
1 large red bell pepper, diced
1 red onion, diced
1/4 cup chopped cilantro
2 tomatoes, seeded and chopped
1/4 cup fresh lime juice
2 tablespoons olive oil
sea salt and ground black pepper to taste
2 (1 pound) French baguettes
1/2 pound thinly sliced Cheddar cheese

Directions

Stir together cayenne pepper, paprika, black pepper, cumin, onion powder, garlic powder, allspice, thyme, and 1/4 cup olive oil in a large bowl until evenly mixed. Smear the flat iron steaks with this paste, then wrap with plastic wrap, or place into a resealable plastic bag. Marinate in refrigerator for 6 hours.

Prepare avocado salad by gently mixing cubed avocado, green onion, red bell pepper, red onion, cilantro, and tomatoes. Drizzle with lime juice and olive oil; season to taste with salt and pepper. Cover and refrigerate until ready to use.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Grill flat iron steaks until cooked to desired degree of doneness, or to an internal temperature of 135 degrees F (57 degrees C) for medium-rare, about 4 minutes per side. Remove from grill and allow to rest for 5 to 10 minutes. While the steaks are resting, cut each baguette into three pieces, then halve the pieces horizontally. Toast bread, cut-side down on grill until golden brown. Turn baguettes over, and place sliced cheese on the cut sides; allow cheese to melt.

To assemble sandwiches, thinly slice the flat iron steaks across the grain, and pile onto baguettes. Top with avocado salad before serving.

Teriyaki Steak Subs

Ingredients

- 1/4 cup steak sauce
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce
- 1/2 teaspoon ground ginger
- 1 pound boneless beef sirloin steak, cut 1/2 inch strips
- 1 medium sweet red pepper, thinly sliced
- 1 medium green pepper, thinly sliced
- 1 medium onion, thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon vegetable oil
- 8 slices pineapple
- 4 hoagie buns, split and toasted

Directions

In a bowl, combine steak sauce, brown sugar, soy sauce and ginger; set aside. In a skillet or wok, stir-fry steak, peppers, onion and garlic on oil for 5 minutes. Stir in reserved sauce; top with pineapple. Cover and simmer for 5 minutes. Stir in reserved sauce top with pineapple. Cover and simmer for 5 minutes or until heated through. Spoon meat mixture onto rolls; top each with two pineapple slices.

SwansonB® Steakhouse Beef and Pepper Stir-Fry

Ingredients

2 cups SwansonB® Beef Stock
3 tablespoons cornstarch
1 tablespoon soy sauce
1/2 teaspoon garlic powder
1 pound boneless beef sirloin
steak, 3/4-inch thick, cut into thin
strips
2 cups fresh or frozen green or red
pepper strips
4 cups hot cooked regular long-
grain white rice

Directions

Stir the stock, cornstarch, soy and garlic powder in a small bowl until smooth.

Stir-fry the beef in a 10-inch nonstick skillet over medium-high heat until it's well browned. Add the peppers to the skillet and stir-fry until tender-crisp.

Reduce the heat to medium. Add the stock mixture to the skillet. Cook and stir until the mixture boils and thickens, stirring constantly. Serve over the rice.

Italian Pepper Steak

Ingredients

1 teaspoon Italian seasoning, divided
1/2 teaspoon salt, divided
1/2 teaspoon pepper, divided
1 pound boneless beef sirloin steak, fat trimmed
1 medium sweet red pepper, julienned
1 medium sweet yellow pepper, julienned
1 medium onion, julienned
6 cloves garlic, peeled and thinly sliced
1 tablespoon olive oil
1 (14.5 ounce) can diced tomatoes, drained
1 teaspoon balsamic vinegar

Directions

In a small bowl, combine 1/2 teaspoon Italian seasoning, 1/4 teaspoon salt and 1/4 teaspoon pepper. Rub mixture over both sides of steak; set aside.

In a large nonstick skillet, saute the peppers, onion and garlic in oil until vegetables are crisp-tender. Stir in the tomatoes and remaining Italian seasoning, salt and pepper. Reduce heat; cover and simmer for 5 minutes. Remove from the heat. Stir in vinegar; keep warm.

Place steak on a broiler pan coated with nonstick cooking spray. Broil 4-6 in. from the heat for 4-8 minutes on each side or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Let stand for 5 minutes before slicing; serve with vegetable mixture.

Tuna Steaks with Salsa

Ingredients

1 cup shredded carrots
3/4 cup chopped peeled mango
2 tablespoons lime juice
1 tablespoon minced chives
1/4 teaspoon salt, divided
1/4 teaspoon pepper, divided
1/8 teaspoon ground coriander
1/8 teaspoon ground cumin
4 (6 ounce) tuna steaks

Directions

For salsa, in a bowl, combine the carrots, mango, lime juice, chives, 1/8 teaspoon salt, 1/8 teaspoon pepper, coriander and cumin; set aside. Sprinkle tuna steaks with remaining salt and pepper.

Coat grill rack with nonstick cooking spray before starting the grill. Grill tuna, covered, over medium heat for 5-7 minutes on each side or until fish flakes easily with a fork. Top with salsa.

Swiss Steak Stew

Ingredients

1/4 cup all-purpose flour
1/2 teaspoon salt
1 1/2 pounds boneless round
steak, cut into bite size pieces
1 (14.5 ounce) can Italian-style
diced tomatoes
3/4 cup water
3 cups peeled and quartered new
red potatoes
1 onion, diced
1 cup sweet corn

Directions

In medium bowl combine flour and salt mix well. Add beef and coat well.

Coat a nonstick skillet with cooking spray and heat over medium heat. Add beef and cook until browned.

In a slow cooker layer potatoes, beef and onion. Stir tomatoes with juice, water and any remaining flour mixture together. Pour over top. Cover and cook on low setting for 7 to 8 hours or until beef is tender. Add corn, cover and cook an additional 25 minutes.

Steak with Mushroom Sauce

Ingredients

4 (8 ounce) boneless beef top loin
or New York strip steaks
1/4 cup all-purpose flour
2 tablespoons canola oil
1 pound sliced mushrooms
2 medium onions, sliced
1 teaspoon minced garlic
1/3 cup white wine
1 (14.5 ounce) can beef broth
salt and pepper to taste

Directions

Sprinkle both sides of steaks with flour. In a large skillet, cook steaks in oil to desired doneness (for medium-rare, a meat thermometer should read 145 degrees F medium, 160 degrees F; well-done, 170 degrees F). Remove and keep warm. In the same skillet, saute the mushrooms, onions and garlic until tender, adding additional oil if necessary. Stir in wine. Bring to a boil; boil for 1 minute. Add the broth, salt and pepper. Bring to a boil; boil for 6 minutes or until sauce is reduced by half. For two people, serve two steaks with 1-1/2 cups sauce. Save the remaining steaks and sauce for Steak and Mushroom Soup and Steak and Mushroom Soup and Steak Hash (recipes on next page).

Grilled Flank Steak Salad

Ingredients

1/4 cup olive oil
1/3 cup balsamic vinegar
1 tablespoon brown sugar
1 tablespoon Dijon mustard
1/2 teaspoon minced garlic
1/2 teaspoon pepper
3/4 pound beef flank steak
1 (5 ounce) package spring mix
salad greens
1 plum tomato, cut into wedges
1/4 cup sliced radishes
1/4 cup chopped celery
2 green onions, cut into 1-inch
strips

Directions

In a bowl, whisk the first six ingredients. Pour 1/3 cup into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for 3 hours. Cover and refrigerate remaining marinade for dressing.

Drain and discard marinade from steak. Grill, covered, over indirect medium heat for 11-12 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Cut across the grain into thin slices.

In a large serving bowl, combine the greens, tomato, radishes, celery, onions and beef. Drizzle with reserved marinade and toss to coat.

Homemade Steak Sauce

Ingredients

1/4 cup chopped onion
1 tablespoon olive oil
2 tablespoons honey
1/4 cup reduced-sodium beef broth
1/4 cup Worcestershire sauce
1/4 cup reduced-sodium soy sauce
1/4 cup Ruby red grapefruit juice
3 tablespoons tomato paste
2 tablespoons balsamic vinegar
2 tablespoons cider vinegar
2 tablespoons raisins
2 teaspoons garlic powder
1 1/2 teaspoons coarsely crushed pepper
3/4 teaspoon dried thyme
1/2 teaspoon salt

Directions

In a nonstick saucepan over medium heat, cook onion in oil until tender. Add honey; cook and stir for 2 minutes. Stir in broth, Worcestershire sauce, soy sauce, grapefruit juice, tomato paste and vinegars until blended. Stir in the raisins, garlic powder, pepper, thyme and salt. Bring to a boil. Reduce heat; simmer, uncovered, for about 20 minutes or until sauce is reduced to about 1-1/4 cups. Cool to room temperature. Transfer to a blender; cover and process until smooth. Cover and refrigerate.

Soy Garlic Steak

Ingredients

1/4 cup vegetable oil
1/4 cup soy sauce
2 tablespoons distilled white vinegar
2 tablespoons ketchup
2 tablespoons crushed garlic
1 1/2 pounds flank steak

Directions

In a small bowl, mix vegetable oil, soy sauce, vinegar, ketchup, and crushed garlic. Place flank steak in a large resealable plastic bag. Pour the marinade over steak. Seal, and marinate in the refrigerator at least 3 hours.

Preheat grill for high heat.

Oil the grill grate. Place steaks on the grill, and discard marinade. Cook for 5 minutes per side, or to desired doneness.

Fish Steaks Dijon

Ingredients

1 3/4 cups Swanson® Chicken Stock
1 tablespoon Dijon-style mustard
1 teaspoon lemon juice
1/8 teaspoon ground black pepper
6 (4 ounce) swordfish steaks, 1-inch thick
1 tablespoon cornstarch

Directions

Stir the stock, mustard, lemon juice and black pepper in a small bowl. Pour 1 cup stock mixture into a shallow nonmetallic dish or gallon-size resealable plastic bag. Add the fish and turn to coat. Cover the dish or close the bag and refrigerate for 1 hour. Remove the fish from the marinade.

Lightly oil the grill rack and heat the grill to medium. Grill the fish for 10 minutes or until it's cooked through, turning the fish over halfway through cooking and brushing often with the marinade. Discard the marinade.

Heat the cornstarch and remaining stock mixture in a 1-quart saucepan over medium heat. Cook and stir until the mixture boils and thickens. Serve with the fish.

Steak Deals

Ingredients

2 pounds bottom round roast, cut into 1/8 inch thick slices
salt and pepper to taste
2 (8 ounce) packages cream cheese, sliced
15 fresh hot chile peppers, seeded
2 pounds bacon, sliced

Directions

To Grill: Preheat grill to medium low heat. To Roast: Preheat oven to 350 degrees F (175 degrees C).

Spread out beef slices and season with salt and pepper to taste. Put a slice of cream cheese and a hot pepper on the end of each slice, and roll up like an eggroll. Wrap 1 slice of bacon lengthwise around each steak deal, then wrap a second bacon slice around each so that the first slice is secured. Secure steak deals with toothpicks and place in disposable pans for grilling, or a 9x13 inch baking dish for roasting.

Cook steak deals on grill or in oven long enough for beef to be cooked through and bacon to be somewhat crispy (20 to 30 minutes).

Yummy Pineapple Beef Steak Marinade

Ingredients

3/4 cup Worcestershire sauce
2/3 cup pineapple juice
2 tablespoons packed brown sugar
1/3 cup olive oil

Directions

Mix together the Worcestershire sauce, pineapple juice, brown sugar, and olive oil in a bowl.

Marinate the meat of your choice for 1 to 2 hours, and cook as desired.

Big M's Whisky Soaked Beef Rib Steaks

Ingredients

4 (10 ounce) 1 1/2 inch thick rib-eye steaks
1 cup single malt Scotch whiskey

Directions

Place steaks in a nonmetallic dish, and pour the whiskey over the meat; turn to coat. Cover, and marinate in the refrigerator for 8 hours.

Preheat grill for high heat.

Brush grate with oil, and arrange steaks over hot grate. Cook for 6 to 10 minutes. Turn, and cook until done to your liking, another 6 to 10 minutes.

Ancho Chile Rubbed Venison Steaks with Lime-

Ingredients

1/2 cup butter, softened
1 tablespoon lime juice
1 tablespoon chopped fresh cilantro
2 tablespoons steak seasoning
1 tablespoon ancho chile powder
4 (1/2 pound) venison steaks

Directions

Whip together the butter, lime juice, and cilantro in a small bowl until well combined. Transfer the butter mixture onto a large piece of plastic wrap, gently wrap and form the butter into a log. Freeze until ready to use.

Prepare a grill for medium-high heat.

Mix together the steak seasoning and ancho chile powder in a small bowl. Rub the seasoning blend onto both sides of the venison steaks.

Grill the steaks to preferred doneness, 5 to 8 minutes per side for medium. Top each steak with a slice of the lemon-cilantro butter to serve.

Steak Fingers

Ingredients

1/3 cup vegetable oil
1 pound round steak
2 eggs
1/2 cup milk
salt and pepper to taste
1 1/2 cups all-purpose flour for coating

Directions

Tenderize steak by pounding with a mallet. Cut into 3 inch long strips.

Combine egg, milk, salt and pepper in a shallow dish, whisk until well blended.

In a large skillet over medium heat, heat 1/3 cup oil (or just enough to cover the bottom of the pan).

Coat steak pieces in flour. Shake off excess. Then dip in the egg mixture and again in flour.

Fry the strips in the hot oil until golden brown; about 2 minutes. Transfer to a plate lined with paper towels to absorb oil.

Flat Iron Steak Simplicity!

Ingredients

2 (8 ounce) flat-iron steaks
1/2 teaspoon lemon pepper seasoning, or to taste
1/2 teaspoon onion powder, or to taste
1/2 teaspoon garlic powder, or to taste

Directions

Season the steaks with lemon pepper, onion powder and garlic powder on both sides. Wrap in plastic wrap and marinate for at least 2 hours in the refrigerator.

Preheat the grill for medium-high heat and allow the steaks to come to room temperature.

Unwrap steaks and place on the preheated grill. Cook to your desired degree of doneness, about 3 minutes per side for medium rare. Allow steaks to rest for a few minutes before serving.

Cube Steak Stew

Ingredients

- 1 1/2 pounds beef cube steak
- 3 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1/2 tablespoon butter
- 1 onion, chopped
- 1 clove garlic, minced
- 1 cube beef bouillon, dissolved in
- 1 cup water
- 1 (15 ounce) can sliced potatoes, drained
- 1 (8 ounce) can peas and carrots
- 1 teaspoon browning sauce
- 1/2 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

Cut cube steaks into pieces about 1/2 inch in size. Sprinkle flour over a plate, and dredge meat in flour.

In a large skillet, heat oil and butter over medium high heat. Add steak pieces, onion, and garlic to oil in pan; saute till lightly browned. Add more butter if needed.

Stir in beef bouillon, potatoes, peas and carrots, browning sauce, Italian seasoning, salt, and black pepper. Cover, turn heat down to simmer, and cook for 25 minutes. It will thicken as it cooks. Add more water if it gets too thick.

Flavorful Flank Steak

Ingredients

1/2 cup soy sauce
1/2 cup vegetable or canola oil
3 tablespoons red wine vinegar or
cider vinegar
3 tablespoons barbecue sauce
3 tablespoons steak sauce
2 tablespoons dried minced onion
1 tablespoon liquid smoke
flavoring (optional)
1/2 teaspoon garlic powder
1 (1 1/2-pound) beef flank steak

Directions

In a large resealable plastic bag, combine the first eight ingredients. Add the steak; seal bag and turn to coat. Refrigerate for 8 hours or overnight.

Drain and discard marinade. Grill steak, covered, over medium-hot heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F) Slice steak across the grain.

Barbeque Halibut Steaks

Ingredients

2 tablespoons butter
2 tablespoons brown sugar
2 cloves garlic, minced
1 tablespoon lemon juice
2 teaspoons soy sauce
1/2 teaspoon ground black pepper
1 (1 pound) halibut steak

Directions

Preheat grill for medium-high heat.

Place butter, brown sugar, garlic, lemon juice, soy sauce, and pepper in a small saucepan. Warm over medium heat, stirring occasionally, until sugar is completely dissolved.

Lightly oil grill grate. Brush fish with brown sugar sauce, and place on grill. Cook for 5 minutes per side, or until fish can be easily flaked with a fork, basting with sauce. Discard remaining basting sauce.

China Lake Barbequed Steak

Ingredients

1/2 cup soy sauce
1 lemon, juiced
1/4 cup vegetable oil
1/2 tablespoon garlic powder
1 1/2 pounds flank steak

Directions

Mix soy sauce, lemon juice and oil together in a large resealable plastic bag. Rub garlic powder into meat, place in bag, and seal. Marinate in the refrigerator for at least 4 hours; turn bag after 2 hours.

Preheat grill for medium heat.

Oil grate lightly, and place meat on grill. Discard marinade. Cook steak for 5 to 7 minutes per side, or to desired doneness.

Easy Barbeque Beef Tenderloin Steak

Ingredients

2 (2 inch thick) steaks beef
tenderloin
1 tablespoon olive oil
2 cloves crushed garlic
1 teaspoon meat tenderizer

Directions

Rub meat with olive oil and crushed garlic. Sprinkle with tenderizer. Cover, and refrigerate for 30 minutes.

Preheat grill for medium high heat.

Brush grate with oil, and place steaks on the grill. Cook for 5 to 7 minutes per side, or until done.

Rolled Flank Steak

Ingredients

1 (2 pound) beef flank steak
1/4 cup soy sauce
1/2 cup olive oil
2 teaspoons steak seasoning
8 ounces thinly sliced provolone cheese
4 slices thick cut bacon
1/2 cup fresh spinach leaves
1/2 cup sliced crimini mushrooms
1/2 red bell pepper, seeded and cut into strips

Directions

Place the flank steak on a cutting board with the short end closest to you. Starting from one of the long sides, cut through the meat horizontally to within 1/2 inch of the opposite edge. (You can also ask your butcher to butterfly the flank steak for you instead of cutting it yourself.)

Mix the soy sauce, olive oil, and steak seasoning together in a gallon-sized resealable plastic bag. Marinate flank steak in the refrigerator 4 hours to overnight.

Preheat oven to 350 degrees F (175 degrees C). Grease a glass baking dish.

Lay out the flank steak flat in front of you with the grain of the meat running from left to right. Layer the provolone across the steak, leaving a 1-inch border. Arrange the bacon, spinach, red pepper, and mushrooms across the cheese covered steak in stripes running in the same direction as the grain of the meat. Roll the flank steak up and away from you, so that when the roll is cut into the pinwheel shape, each of the filling ingredients can be seen. Roll firmly, but be careful not to squeeze the fillings out the ends. Once rolled, tie every 2 inches with kitchen twine.

Place in prepared baking dish, and bake in preheated oven for one hour, or until the internal temperature reaches 145 degrees F (65 degrees C). Remove from the oven and let rest for 5 to 10 minutes before cutting into 1 inch slices. Be sure to remove the twine before serving!

Tammy's Philly Cheese Steak Dip

Ingredients

1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup Italian dressing
1 cup shredded provolone cheese
1 (8 ounce) package cream cheese, softened
1/4 cup mayonnaise
salt and pepper to taste
1/2 pound sliced roast beef, chopped
1/4 cup grated Parmesan cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place the onion, green pepper, and Italian dressing in a large skillet over medium heat; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the provolone, cream cheese, mayonnaise, salt, and pepper; stir until the cheese has melted. Remove the skillet from the heat and stir in the roast beef.

Pour the mixture into an oven proof baking dish and sprinkle with Parmesan cheese. Bake uncovered for 25 minutes or until hot and bubbly.

Griddle Style Philly Steak Sandwiches

Ingredients

1 (8 ounce) can sliced mushrooms, drained
1 small onion, sliced
1 green bell pepper, seeded and sliced into strips
8 slices provolone cheese
salt to taste
seasoned salt to taste
1 pound thinly sliced roast beef
4 submarine rolls, halved

Directions

Preheat an electric griddle or stovetop griddle over medium-high heat. On one half of the griddle, place the mushrooms, onion and pepper. On the other side, place the roast beef. Cook and stir each group separately, chopping the beef into smaller pieces as it cooks, and seasoning with salt and seasoned salt.

When the vegetables are tender and the beef is hot, place the slices of provolone cheese over the beef to melt. Turn off the griddle. Scoop the cheesy grilled beef into sandwich rolls, and top with the onions and peppers.

Venison Salisbury Steak

Ingredients

1/4 cup oil
1 pound venison, cut into cubes
1 (16 ounce) package buttery
round crackers, crushed fine
1/4 teaspoon garlic powder, or to
taste
onion salt, or to taste
salt and pepper to taste
2 cubes beef bouillon
1 cup boiling water
1 egg
1 medium onion, sliced
1 (4.5 ounce) can sliced
mushrooms
1 tablespoon cornstarch
1/4 cup cold water

Directions

Heat oil in a heavy skillet, over medium to medium-high heat. In a large bowl, stir together the crushed crackers, garlic powder, onion salt, salt and pepper. Beat the egg in a small bowl.

Dip the venison cubes into the egg, then into the crumb mixture to coat. Fry in the hot oil until browned on all sides. Dissolve the bouillon cubes in the boiling water and pour into the pan. Add the onions and mushrooms. Lower heat, cover and cook until the meat is tender, about 15 minutes - add more water as needed. Dissolve cornstarch in cold water, and stir into the sauce. Bring to a boil and cook until thickened.

Star Fruit Steak

Ingredients

1 1/4 pounds beef sirloin steak
1/3 cup Worcestershire sauce
1 teaspoon ground black pepper
1 teaspoon seasoning salt
1 carambola (star fruit), cut into
1/3 inch slices

Directions

Place the beef sirloin steak in a medium dish and cover with Worcestershire sauce. Sprinkle with ground black pepper and seasoning salt, adjusting the amounts to taste. Place star fruit slices around the steak. Cover and marinate in the refrigerator approximately 4 hours, turning steak once.

Preheat an outdoor grill for high heat and lightly oil grate.

Cook steak 3 to 5 minutes per side on the prepared grill, or to desired doneness.

Blazing Steak

Ingredients

- 2 tablespoons olive oil
- 1 1/2 pounds round steak, cubed
- 3 cloves garlic, minced
- 1/2 cup chopped onion
- 4 habanero peppers, seeded and minced
- 1/2 cup tomato sauce
- 1 cup water
- 2 tablespoons finely grated raw horseradish
- 1 tablespoon hot pepper sauce
- 2 tablespoons distilled white vinegar
- 1 tablespoon prepared yellow mustard
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon ground black pepper
- 1/3 cup all-purpose flour
- 2/3 cup cold water

Directions

Heat the olive oil in a large saucepan over medium-high heat. Brown the beef cubes in the hot oil until well browned on all sides, about 8 minutes. Stir in the garlic, onion, and minced habanero peppers, cook and stir for a few minutes until the onion has begun to soften.

Stir in the tomato sauce, 1 cup o water, horseradish, hot pepper sauce, vinegar, mustard, seasoned salt, and black pepper. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the beef begins to turn tender, about 2 hours. Stir occasionally.

Dissolve the flour into 2/3 cup of cold water, and stir into the simmering meat. Cook until the meat is very tender, and the sauce is thick and smooth, about 30 minutes more.

The Mushroom Steak Stuff

Ingredients

4 slices bacon
2 tablespoons olive oil
1 (16 ounce) package rigatoni pasta
1/2 cup butter
1 pound beef top sirloin, thinly sliced
1 (6 ounce) package sliced fresh mushrooms
1 teaspoon prepared yellow mustard
1/4 teaspoon minced fresh ginger root
1 pinch salt and pepper to taste
2 tablespoons red wine
1 tablespoon Marsala wine
1 cup crumbled feta cheese
2/3 cup heavy cream

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain on a paper towel-lined plate and set aside. Bring a large pot of lightly salted water to a boil over high heat with 2 tablespoons of olive oil. Add the rigatoni pasta, and cook until al dente, 8 to 10 minutes; drain.

Meanwhile, melt the butter in a large skillet over medium heat. Add the sirloin strips, and cook until no longer pink, about 6 minutes. Remove the sirloin to a casserole dish, then stir the mushrooms into the hot skillet. Cook and stir for 2 minutes, then season with the mustard, ginger, salt, and pepper, and cook 3 minutes more. Pour in the red wine and Marsala wine, and bring to a simmer over medium-high heat. Add the cream and half of the crumbled feta cheese, reduce heat to medium-low, and simmer 5 minutes, stirring occasionally. The feta helps thicken the cream. The cream sauce is not a gravy, so it will not thicken like gravy. Once ready, pour the mushroom mixture over the sirloin strips, and sprinkle with the remaining feta cheese.

Bake in the preheated oven for 10 minutes until hot and bubbly. Crumble the bacon ontop, and serve over the rigatoni pasta.

Garlic Pepper Steak

Ingredients

1 tablespoon olive oil
2 cloves garlic, peeled and
crushed
1 tablespoon coarsely ground
black pepper
2 pounds round steak, 1 1/2
inches thick

Directions

Preheat an outdoor grill for high heat and lightly oil grate.

In a small bowl, mix together olive oil, garlic and pepper. Score steak and rub with the olive oil mixture.

Place steak on the prepared grill. Cook 20 minutes, or to desired doneness, turning once.

Salmon Steaks with Dill Sauce

Ingredients

1 1/2 cups water
1 medium onion, sliced
1 tablespoon lemon juice
1 teaspoon chicken bouillon granules
1 teaspoon salt
4 salmon steaks (1 inch thick)
DILL SAUCE:
1 tablespoon finely chopped onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 teaspoon dill weed
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups milk

Directions

In a large skillet, combine the first five ingredients; bring to a boil. Add salmon. Reduce heat; cover and simmer for 15-20 minutes or until fish flakes easily with a fork. Meanwhile, in a saucepan, saute onion in butter until tender. Stir in flour, dill, salt and pepper until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with the salmon.

Warm Steak and Potato Salad

Ingredients

- 1 pound new potatoes
- 1 pound beef sirloin steak
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 8 cups mixed baby salad greens
- 1 pint cherry tomatoes, halved
- 2 tablespoons minced shallot
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dried tarragon

Directions

Place potatoes into a pot, and fill with enough water to cover. Bring to a boil and cook until tender but still firm, about 10 minutes. Drain and cover to keep warm.

Preheat oven to broil or preheat a grill for medium-high heat. Season both sides of steak with salt and pepper. Broil or grill steaks for 6 to 8 minutes per side, or to desired doneness.

Meanwhile, whisk together oil, vinegar, mustard, and tarragon for dressing; season dressing to taste with salt and pepper.

Divide greens, tomatoes, and shallots among 4 plates. Cut warm, unpeeled potatoes into quarters; slice steak into 1/4 inch thick strips. Top salad greens with steak and potatoes; drizzle dressing over salads. Serve warm.

Bourbon Street New York Strip Steak

Ingredients

2 (6 ounce) boneless New York strip steaks
3 cups bourbon whiskey
1 cup dark brown sugar

Directions

Gently tenderize steaks with a meat mallet. With a sharp knife, lightly score the meat on one side diagonally. Place steaks in a casserole dish, scored side up, and pour bourbon over them. Rub the brown sugar evenly over each steak. Marinate in refrigerator for 1 to 3 hours.

Preheat grill to high heat, and lightly oil grate.

Place the steaks on the hot grill, with the sugar side down. Let cook until sugar has caramelized, 3 to 5 minutes, then flip steaks, and finish cooking to desired doneness.

Pepper Steak Sandwiches

Ingredients

2 medium green pepper, julienned
1 small onion, sliced
4 garlic cloves, minced and divided
1 tablespoon olive or vegetable oil
3/4 pound cooked sirloin or round steak, thinly sliced
1/2 teaspoon salt (optional)
1/8 teaspoon pepper
1/4 cup butter or margarine, softened
4 French or Italian sandwich rolls, split and toasted

Directions

In a skillet, saute green peppers, onion and half of the garlic in oil until vegetables are tender. Add steak, salt if desired and pepper; heat through. Blend butter and remaining garlic; spread over cut side of rolls. Place steak mixture on bottom halves; replace roll tops.

Baked Round Steak in Barbeque Sauce

Ingredients

5 pounds round steak - cut into 1 inch strips
2 tablespoons vegetable oil
1 clove garlic, minced
3/4 cup distilled white vinegar
1 tablespoon white sugar
1/2 cup ketchup
1 teaspoon dry mustard
1 teaspoon paprika
1 teaspoon salt
1/8 teaspoon black pepper

Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat oil in a large skillet over medium heat. Brown steak strips on all sides. With a slotted spoon, transfer steak strips to a baking dish. Stir garlic into skillet; cook 5 minutes. Add vinegar, sugar, and ketchup. Then stir in mustard, paprika, salt, and pepper; and simmer 3 minutes. Pour sauce over steak strips.

Cover baking dish, and bake in a preheated oven for 1 hour. Uncover, and bake for 30 minutes more.

Steak Tips with Mushroom Sauce

Ingredients

2 1/2 pounds sirloin tips, uncut
1/2 (750 milliliter) bottle Burgundy wine
2 (14.5 ounce) cans beef broth
4 portobello mushroom caps, sliced
1/4 cup butter
1 clove garlic, chopped
1/2 teaspoon dried thyme
1/4 teaspoon salt, or to taste
1/2 teaspoon ground black pepper, or to taste
1 shallot, finely chopped
2 tablespoons all-purpose flour

Directions

Preheat an outdoor grill for medium-high heat. Melt butter in a large skillet over medium-high heat. Sauté the shallot until transparent, then add mushrooms, and cook, covered, until darkened, about 5 minutes. Remove mushrooms from pan, and set aside. Deglaze the pan with one can of beef broth, and burgundy wine. Increase heat, and bring to a boil. Allow the mixture to boil until it has reduced by 1/3.

Grill the sirloin tips to desired doneness. Season with salt and pepper if desired. Remove to a plate, and set aside.

When the sauce is reduced, stir in the other can of beef broth, and garlic. Return to a boil, and continue to cook for another 5 to 10 minutes. Sauce will be thin like au jus. Whisk in flour, and cook until the sauce is the desired thickness. Taste and adjust seasoning if necessary. Stir in the mushrooms. Serve tips with mushroom sauce spooned over.

Flank Steak with Horseradish Sauce

Ingredients

1 (1 pound) beef flank steak
3 tablespoons lemon juice
2 tablespoons Dijon mustard
2 tablespoons Worcestershire sauce
2 garlic cloves, minced
1/8 teaspoon hot pepper sauce
HORSERADISH SAUCE:
1/4 cup fat-free mayonnaise
1/4 cup reduced-fat sour cream
1 tablespoon Dijon mustard
2 green onions, finely chopped
2 teaspoons prepared horseradish

Directions

Using a sharp knife, score the surface of the steak with shallow diagonal cuts at 1-in. intervals, making diamond shapes. Repeat on other side. In a large resealable plastic bag, combine the next five ingredients. Add steak. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Combine the sauce ingredients in a small bowl; cover and refrigerate.

Drain and discard marinade. Grill steak, covered, over medium-hot heat for 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well done, 170 degrees F). Thinly slice steak across the grain; serve with sauce.

Nikki's Steak Saltimbocca

Ingredients

2 pounds beef skirt steak,
trimmed of fat
freshly ground black pepper to
taste
6 ounces sliced aged provolone
cheese
2 bunches fresh sage leaves
12 slices prosciutto
1/4 cup extra virgin olive oil

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Cut the steak into approximately 4 ounce pieces, then pound each one to 1/4 inch thickness. Season with black pepper. On each piece of steak, lay one slice of provolone cheese, a few leaves of sage and 2 slices of prosciutto. Roll into pinwheels and secure with toothpicks.

Heat the oil in a large skillet over medium-high heat. Quickly brown the pinwheels on the outside. Transfer to a baking dish if your skillet is not oven-safe.

Bake for 7 minutes for medium rare, or 10 for medium. Let rest for 5 minutes before carving into thin pinwheels. Place the skillet back over medium-high heat, and add any remaining sage leaves. Fry until crispy and then use them to garnish steaks.

Chimichurri Sauce for Steaks

Ingredients

1 bunch fresh parsley, chopped
8 cloves garlic, minced
3/4 cup olive oil
1/4 cup sherry wine vinegar
3 tablespoons lemon juice
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper

Directions

In a blender or food processor, combine the parsley, garlic, oil, vinegar, lemon juice, salt, ground black pepper and cayenne pepper. Mix well, but do not puree.

My Country Style Steak

Ingredients

2 tablespoons vegetable oil
1 pound cube steak, cut into bite size pieces
1/2 cup all-purpose flour for coating
1 tablespoon all-purpose flour
1 (1 ounce) envelope dry onion soup mix
2 cups water, or as needed
salt and pepper to taste
garlic salt to taste

Directions

Heat the oil in a large skillet over medium-high heat. Coat cube steak pieces with flour, and shake off the excess. Fry steak pieces in the hot oil just until browned on each side and there are some juices in the pan. Remove with a slotted spoon and set aside.

Stir together the onion soup mix and 1 tablespoon of flour; sprinkle into the skillet. Cook and stir over medium heat until it starts to brown. Gradually mix in the water to make a gravy. Return the cube steak to the pan, and season with salt, pepper, and garlic salt. Cover, and simmer over low heat for about 1 hour.

Pan Fried Halibut Steak with Light Green Sauce

Ingredients

4 (8 ounce) halibut steaks
salt and pepper to taste
1/2 cup all-purpose flour for
dusting
1/4 cup melted butter
1/4 cup dry white wine
1 lemon, juiced
1/2 cup heavy cream
2 tablespoons finely chopped
fresh parsley
4 tablespoons finely chopped
fresh basil
2 tablespoons drained capers

Directions

Rinse the halibut steaks and pat dry. Season with salt and pepper, then dust with flour.

Melt the butter in a large skillet over medium-high heat. Fry the halibut steaks in the butter for 4 to 5 minutes, until nicely browned. Remove from the skillet and keep warm.

Reduce the heat to medium, and stir the wine into the pan, scraping up any browned bits stuck to the bottom. Mix in the lemon juice, then stir in the cream. Simmer for 2 to 3 minutes or until it starts to thicken. Season with parsley, basil and capers, and stir for another minute. Serve halibut with sauce spooned over it. Garnish with additional parsley if desired.

Ultimate Steak Sandwich

Ingredients

4 hard rolls, split
1/2 cup mayonnaise
3 cloves garlic, minced
1 tablespoon Parmesan cheese

3 tablespoons olive oil
2 pounds round steak, thinly sliced
1 large onion, sliced and quartered
1 pinch coarse sea salt
1/2 teaspoon Worcestershire sauce
1/8 teaspoon liquid smoke

8 (1 ounce) slices provolone cheese
1/2 teaspoon Italian seasoning

Directions

Preheat an oven to 500 degrees F (260 degrees C). Split the rolls open and toast them on a baking sheet in the oven while it is preheating. Mix together the mayonnaise, garlic, and Parmesan cheese in a small bowl. Refrigerate until ready to use. Remove the rolls from the oven when toasted as desired.

Heat olive oil in a large skillet over medium-high heat. Carefully place the sliced steak and onions in the pan and season with sea salt, Worcestershire sauce, and liquid smoke. Cook and stir until the steak is browned and the onion is tender, about 10 minutes.

Generously spread the prepared garlic-Parmesan mayonnaise on both halves of the toasted rolls. Divide the steak and onion mixture evenly among the bottom halves of the rolls, piling them high. Top each with 2 slices provolone cheese and sprinkle with Italian seasoning. Place the tops on the sandwiches.

Bake the sandwiches on a baking sheet in the preheated oven until the cheese is melted, about 5 minutes.

Ginger Steak

Ingredients

4 (8 ounce) beef sirloin steaks, at least 3/4 inch thick
2 tablespoons soy sauce
1 teaspoon ground ginger
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon dried basil
1 tablespoon prepared yellow mustard
1 teaspoon lemon juice

Directions

Preheat the oven's broiler.

In a small bowl, mix together the soy sauce, ginger, salt, pepper, basil, mustard and lemon juice until smooth. Place the steaks on a broiling pan, and pour 1/4 of the mixture over each one. Massage into the meat.

Broil the steaks for 5 minutes, then turn over and cook to your desired degree of doneness.

Greatest Steak Marinade

Ingredients

2 tablespoons hot pepper sauce
(such as Frank's RedHot®)
2 tablespoons soy sauce
2 tablespoons Worcestershire
sauce
1 pinch salt and freshly ground
black pepper to taste

Directions

Mix the hot pepper sauce, soy sauce, and Worcestershire sauce together in a bowl; season to taste with salt and black pepper, and pour over steak of your choice. Cover with plastic wrap and refrigerate for a minimum of 30 minutes.

Steakhouse Grillers Prime Patty Melt

Ingredients

2 teaspoons butter or margarine
1 cup thinly sliced red onion
1 cup sliced fresh mushrooms
2 Morningstar Farms® Grillers®
Prime Veggie Burgers
2 teaspoons butter or margarine,
softened
4 slices marble rye bread
1 tablespoon steak sauce
2 (1 ounce) slices Swiss cheese

Directions

In large nonstick skillet melt 2 teaspoons butter. Add onion. Cook, uncovered, over medium-low heat about 10 minutes or until onion is tender and beginning to brown, stirring occasionally.

Add mushrooms to onion. Cook, stirring occasionally, over medium-low heat for 3 to 4 minutes or until mushrooms are tender. Remove from skillet. Keep warm.

Add burgers to same skillet. Cook over medium heat, uncovered, for 7 to 8 minutes or until heated through, turning once. Remove from skillet. Keep warm.

Remove skillet from heat. Carefully wipe out skillet with paper towel. Lightly spread 2 teaspoons softened butter on one side of bread slices. Place two bread slices, butter side down, in skillet. Top with burgers, steak sauce, onion mixture and cheese. Place remaining bread slices, butter side up, on top. Cook, covered, over medium-low heat for 2 to 4 minutes or until golden brown on bottoms. Turn. Cook, uncovered, for 2 to 3 minutes more or until cheese melts and bread is golden brown. Cut in half. Serve immediately.

ON THE GRILL: Preheat grill. Use a food thermometer to be sure patties reach minimum internal temperature of 160 degrees F.

G's Flank Steak Marinade

Ingredients

1/2 cup soy sauce
2 tablespoons brown sugar
2 tablespoons lemon juice
2 tablespoons olive oil
2 cloves garlic, minced
1 tablespoon minced onion
1 teaspoon ground ginger
1/2 teaspoon black pepper
1 (1 1/2-pound) beef flank steak

Directions

In a shallow bowl, combine soy sauce, brown sugar, lemon juice, olive oil, garlic, onion, ginger and pepper. Coat steak with marinade, cover, and refrigerate for at least 6 hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Grill steak for 7 to 8 minutes per side, or to desired doneness.

Marinated Flat Iron Steak

Ingredients

- 3 tablespoons honey
- 3 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon white pepper
- 1 pinch salt
- 1 1/2 pounds flat iron steak

Directions

Whisk together the honey, vinegar, olive oil, lemon juice, Worcestershire sauce, tarragon, rosemary, garlic powder, white pepper, and salt. Pour into a resealable plastic bag and add the flat iron steak. Squeeze out excess air, seal, and marinate in the refrigerator at least 6 hours.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Remove the steak from the marinade, shake off excess, and discard the remaining marinade. Cook on preheated grill to desired degree of doneness, about 4 minutes per side for medium-rare.

Tropical Tenderloin Steaks

Ingredients

1 cup reduced sodium chicken broth
3/4 cup orange juice
1/4 cup ketchup
1/4 cup unsweetened pineapple juice
3 tablespoons packed brown sugar
3 tablespoons lime juice
2 garlic cloves, minced
1 tablespoon minced fresh ginger root
1/4 teaspoon vanilla extract
1/4 teaspoon rum extract
1/4 teaspoon ground cloves
1/4 teaspoon dried thyme
1/4 teaspoon cayenne pepper
8 (4 ounce) beef tenderloin medallions

Directions

In a small bowl, combine the first 13 ingredients; mix well. Pour 2 cups into a large resealable plastic bag; add the beef. Seal bag and turn to coat; refrigerate for 3 hours. Cover and refrigerate remaining marinade for basting.

If grilling the steaks, coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from steaks. Grill, covered, over medium heat or broil 4-6 in. from the heat for 8-10 minutes on each side or until meat reaches desired doneness, brushing occasionally with reserved marinade.

Spicy Flank Steak

Ingredients

2 teaspoons paprika
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon garlic salt
1 pinch ground black pepper
2 pounds flank steak, cut into strips
1/2 cup Ranch dressing

Directions

In a large resealable plastic bag, mix the paprika, coriander, cumin, garlic salt, and pepper. Place steak in the bag, and shake to coat. Allow to sit 20 minutes in the refrigerator.

Preheat the oven broiler. Lightly grease a baking sheet.

Arrange steak on the baking sheet, and broil 5 minutes on each side, or to desired doneness. Serve with Ranch dressing for dipping.

Northwest Steakhouse Steak Marinade

Ingredients

1 pinch seasoned salt
1 pinch garlic powder
1 teaspoon Greek seasoning
1 cube chicken bouillon, crushed
1/2 cup butter, melted

Directions

Stir the seasoning salt, garlic powder, Greek seasoning, and bouillon cube into the melted butter. Mix until the bouillon cube dissolves. Pour the marinade into a wide and shallow dish and place a steak of your choice into the marinade, turning to coat both sides. Cook or grill as desired.

Chef's Steak Sauce

Ingredients

- 2 quarts apple juice
- 1 1/2 cups distilled white vinegar
- 1 1/2 cups soy sauce
- 1 1/2 cups molasses
- 2 cups water
- 1 1/2 lemons, juiced
- 2 1/2 teaspoons minced fresh ginger root
- 1/8 teaspoon cayenne pepper
- 3/4 teaspoon ground mustard
- 1/2 teaspoon ground cloves
- 1 jalapeno, halved
- 1 onion, quartered
- 1 tablespoon whole black peppercorns
- 1/4 cup garlic cloves
- 1 tablespoon prepared horseradish
- 2 bay leaves

Directions

Pour the apple juice, vinegar, soy sauce, molasses, water, and lemon juice into a large pot. Add the ginger, cayenne pepper, mustard, cloves, jalapeno, onion, peppercorns, garlic, horseradish, and bay leaves. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, stirring occasionally until the sauce has reduced to half its original volume, about 2 hours. Strain through a fine sieve and cool before serving.

Sloppied Flank Steak Sandwiches

Ingredients

1 1/2 pounds beef flank steak
1 tablespoon steak seasoning
(such as Montreal Steak
Seasoning®)
1 tablespoon olive oil
1/4 cup brown sugar
1 small onion, chopped
1 small red bell pepper, chopped
1 tablespoon apple cider vinegar
1 tablespoon Worcestershire
sauce
2 cups tomato sauce
2 tablespoons tomato paste
6 hamburger buns, split and
toasted

Directions

Sprinkle the beef flank steak with steak seasoning on both sides. Heat olive oil in a skillet over medium heat until the oil shimmers, and place the flank steak into the hot oil. Quickly brown the steak on both sides, about 5 minutes per side. Set the beef aside.

Stir brown sugar, onion, red bell pepper, apple cider vinegar, Worcestershire sauce, tomato sauce, and tomato paste together in a slow cooker until the brown sugar dissolves. Place the flank steak into the slow cooker, immersing it in the sauce. Set the cooker on High and cook 4 hours, or set on Low and cook 8 hours.

To serve, shred the meat with 2 forks, or remove the meat, chop, and return to the sauce. Toast buns, and serve the sloppy steak on the toasted buns.

Poor Man's Hamburger Steaks

Ingredients

3 pounds ground beef
25 saltine crackers, crushed
1 cup milk
1/2 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon Italian seasoning
3 (10.75 ounce) cans condensed
cream of mushroom soup
1 (8 ounce) can mushrooms,
drained (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, mix together the ground beef, crackers, milk, pepper, salt, garlic powder, and Italian seasoning. Form 6 or 8 large beef patties, and place in a 9x13 inch baking dish, or other shallow casserole dish. Pour the condensed soup evenly over the top of the patties, and sprinkle canned mushrooms over the top. Cover the pan with a lid or aluminum foil.

Bake for about 45 minutes in the preheated oven, or until beef patties are well done.

Mushroom Salisbury Steak

Ingredients

1/4 cup cornstarch
2 (10.5 ounce) cans beef
consomme, undiluted
1 (6 ounce) jar sliced mushrooms,
drained
4 teaspoons Worcestershire sauce
1 teaspoon dried basil
1 egg, beaten
1/2 cup soft bread crumbs
1 medium onion, finely chopped
1/2 teaspoon seasoned salt
1/4 teaspoon pepper (optional)
1 1/2 pounds ground beef
Hot mashed potatoes or cooked
noodles

Directions

In a bowl, combine cornstarch and consomme until smooth. Stir in mushrooms, Worcestershire sauce and basil; set aside.

In another bowl, combine egg, bread crumbs, onion, seasoned salt and pepper if desired. Add beef and mix well. Shape into six oval patties; place in a shallow 1-1/2-qt. microwave-safe dish.

Cover and microwave on high for 6 minutes; drain. Turn patties, moving the ones in the center to the outside of dish. Pour consomme mixture over patties.

Cover and microwave on high for 8-10 minutes or until meat is no longer pink. Let stand for 5 minutes. Serve with potatoes or noodles.

Kansas City Steak Soup

Ingredients

1 pound round steak, chopped
1 cup margarine
1 cup all-purpose flour
1/2 gallon water
1/4 tablespoon ground black pepper
1 large carrot, diced
1 onion, chopped
1 stalk celery, diced
1 (16 ounce) package frozen mixed vegetables
16 ounces stewed tomatoes
12 cubes beef bouillon
2 tablespoons margarine

Directions

Make a roux by melting the butter or margarine, then stirring in the flour. Brown gently.

Gradually add 2 cups of the water to the roux and stir until smooth. Add the remaining water, the carrot, onion, celery, frozen vegetables, canned tomatoes, and beef base granules.

In a skillet saute the steak in 2 tablespoons butter or margarine until browned. Drain off all the grease. Add the browned steak to the soup and simmer, stirring occasionally, for 1 1/2 hours or until the vegetables are tender. Season to taste with freshly ground black pepper. Once cooked this soup may be frozen for later use.

Grilled Steak with Red Tomato Rice

Ingredients

1/3 cup pineapple juice
3 tablespoons vegetable oil,
divided
1 1/2 pounds flank or skirt steak
1 cup regular or converted rice
1 (26 ounce) jar Ragu® Old World
Style® Margherita Smooth Pasta
Sauce
2 cups chopped fresh cilantro,
divided
1 cup water
1 cup frozen peas and carrots
3 teaspoons Knorr® Beef flavor
Bouillon

Directions

Combine 2 tablespoons oil, 2 teaspoons Knorr® Beef flavor Bouillon and pineapple juice in large resealable plastic bag. Add steak; turn to coat. Close bag and marinate in refrigerator at least 3 hours.

Heat remaining 1 tablespoon oil 3-quart sauce pot over medium-high heat and cook rice, stirring frequently, 3 minutes or until rice is golden. Stir in pasta sauce, remaining 1 teaspoon Bouillon, 1-1/2 cups cilantro, water and peas and carrots. Bring to a boil over medium-high heat. Reduce heat to low and simmer covered, stirring occasionally, 25 minutes or until rice is tender.

Remove steak from marinade, discarding marinade. Grill or broil steak to desired doneness. Arrange steak and rice on serving platter and sprinkle with remaining 1/2 cup cilantro.

SwansonB® Pan-Seared Steaks with Mushroom

Ingredients

1 pound boneless beef sirloin
steak, cut into serving size pieces
1 tablespoon unsalted butter
2 cups sliced fresh mushrooms
1 tablespoon all-purpose flour
1 cup SwansonB® Beef Stock

Directions

Season the steaks as desired. Cook the steaks in a 12-inch nonstick skillet over medium-high heat to desired doneness. Remove the steaks from the skillet. Do not pour off any fat.

Heat the butter in the skillet. Add the mushrooms and cook until they're tender. Stir in the flour and cook for 1 minute. Gradually stir in the stock. Cook and stir until the mixture boils and thickens. Serve the mushroom gravy with the steaks.

Iowa Pork Steak

Ingredients

2 tablespoons vegetable oil
4 pork steaks
onion powder
garlic powder
salt and ground black pepper to taste
1 large onion, chopped
2 (4.5 ounce) cans sliced mushrooms, drained
2 (10.75 ounce) cans condensed cream of mushroom soup
1 (10.75 ounce) can water
1 (1 ounce) package dry onion soup mix
1 tablespoon Worcestershire sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large heavy skillet over medium-high heat. Brown steaks for 3 to 5 minutes on each side. While browning, season both sides with onion powder, garlic powder, salt and pepper. Transfer steaks to a 9x13 inch casserole dish, and sprinkle with chopped onion and sliced mushrooms.

In a small bowl, combine condensed mushroom soup, water, onion soup mix and Worcestershire sauce. Mix until smooth, and pour over steaks. Cover pan with aluminum foil.

Bake in preheated oven for 90 minutes.

Steak Diane

Ingredients

4 (1/2 pound) strip steaks, cut 1/2 inch thick
salt to taste
freshly ground black pepper to taste
1 teaspoon dry mustard, divided
1/4 cup margarine
3 tablespoons lemon juice
2 teaspoons minced fresh chives
1 teaspoon Worcestershire sauce

Directions

Pound steaks to be 1/4 inch thick, and sprinkle each side with salt, black pepper, and 1/8 teaspoon mustard; rub into the meat.

Melt margarine in a large skillet over medium-high heat. Fry 2 of the steaks for 2 minutes on each side, and transfer to a hot serving plate. Repeat with remaining 2 steaks.

Add lemon juice, chives, Worcestershire sauce, and remaining mustard to the pan, and bring to a boil. Return the steaks to the pan to heat through, and coat with sauce.

Milo's Torch Cafe Original Idaho Finger Steaks

Ingredients

- 1 1/2 cups milk
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1 teaspoon salt
- 2 tablespoons seasoned salt
- 3/4 tablespoon Worcestershire sauce
- 2 1/2 cups flour
- 4 cups oil for deep frying
- 3 pounds beef tenderloin, cut into 2 1/2x3/4-inch strips

Directions

Mix together the milk, thyme, marjoram, salt, seasoned salt, and Worcestershire sauce in a bowl. Stir in the flour gradually until the mixture reaches a thick, batter-like consistency. Refrigerate 1 to 2 hours.

Preheat the oil in a large pot to 375 degrees F (190 degrees C).

Completely coat each piece of beef in the batter and gently place into the hot oil. Lie them into the oil individually to keep them from sticking together. Cook in small batches of 4 to 8 pieces until golden brown, about 5 minutes. Allow the oil to return to 375 degrees F (190 degrees C) between batches.

Mu Shu Steak and Apple Wraps

Ingredients

4 (4 ounce) beef tri-tip steaks, cut
1 inch thick
3/4 teaspoon ground cinnamon
1/4 teaspoon pepper
1/4 cup hoisin sauce
1 tablespoon honey
Salt (optional)
3 cups tri-color coleslaw mix (with
green cabbage, red cabbage and
carrots)
1 Granny Smith apple
8 medium whole wheat flour
tortillas (8 to 10-inch diameter),
warmed

Directions

Combine cinnamon and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 9 to 12 minutes for medium rare to medium doneness, turning occasionally.

Combine hoisin sauce and honey in large bowl. Carve steaks into thin slices; season with salt, if desired. Add steak slices, coleslaw mix and apple to hoisin mixture; toss to coat.

Place equal amounts of beef mixture down center of each tortilla, leaving 1-1/2-inch border on right and left sides. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges; secure with wooden picks, if necessary.

Steak and Ale Type Bread

Ingredients

1 cup water
1/4 cup molasses
1 tablespoon butter, softened
2 cups bread flour
1 1/4 cups rye flour
2 tablespoons unsweetened
cocoa powder
2 teaspoons salt
2 1/2 teaspoons active dry yeast

Directions

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.

BBQ Steak Teriyaki

Ingredients

1 1/2 pounds flank steak
10 fluid ounces teriyaki sauce
1 teaspoon ground ginger
1 tablespoon dark sesame oil
1 tablespoon grated orange zest
1/4 cup cider vinegar
1/4 cup water
1/8 teaspoon cayenne pepper
2 cloves garlic, minced

Directions

In a medium bowl, mix together teriyaki sauce, ginger, sesame oil, orange zest, vinegar, water, cayenne pepper, and garlic. Place steak in a shallow dish, and pour marinade over meat. Cover, and refrigerate for at least 2 hours.

Preheat grill for high heat.

Lightly oil the grate, and place meat on grill. Cook for 3 to 5 minutes per side. Test for doneness.

Granny's Swiss Steak

Ingredients

1/4 cup vegetable oil
4 (4 ounce) cube steaks
1/2 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste
1/2 cup all-purpose flour
1 green bell pepper, seeded and chopped
1 medium onion, chopped
1 stalk celery, chopped
1 (6 ounce) can mushroom stems and pieces, undrained
1 (1 ounce) envelope dry onion soup mix
1/2 teaspoon dried oregano
salt and pepper to taste
1 1/2 cups tomato juice
1 cup ketchup

Directions

Preheat the oven to 350 degrees F (175 degrees C). Heat oil in a large skillet over medium-high heat. Dredge the cube steaks in a mixture of flour, salt and pepper, and brown them in the hot oil.

Arrange steaks in a 9x13 inch baking dish. Sprinkle the green pepper, onion, celery, mushrooms, oregano, and onion soup mix over the steaks. Stir together the tomato juice and ketchup; pour over everything in the dish.

Bake for about 1 hour in the preheated oven, or until the meat is cooked through, and the sauce is thickened.

Slow Cooker BBQ Flat Iron Steak Sandwiches

Ingredients

1/2 cup ketchup
1/2 cup Italian dressing
2 tablespoons soy sauce
1 tablespoon molasses
2 pounds flat iron steak, cubed
1 tablespoon dried chopped onion
4 hoagie rolls, split lengthwise and toasted
1 cup prepared coleslaw (optional)

Directions

Mix the ketchup, Italian dressing, soy sauce, and molasses in a small bowl. Place the steak in slow cooker, sprinkle with onions, and pour the ketchup mixture over the steak.

Turn the slow cooker to High and cook for 1 hour. Reduce the heat to Low and continue cooking until the meat is tender, about 4 hours. Serve on hoagie buns and top with 1/4 cup coleslaw, if desired, for a southern bbq flavor.

Grilled Jalapeno Tuna Steaks

Ingredients

1 tablespoon olive oil
2 teaspoons lime juice
1 jalapeno pepper, minced
3 cloves garlic, minced
salt and pepper to taste
1 pound ahi tuna steaks

Directions

Whisk the olive oil, lime juice, jalapeno pepper, garlic, salt, and pepper together in a flat-bottomed dish. Place the tuna steaks in the dish, turning to coat entirely in marinade. Refrigerate 20 minutes.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Cook the steaks until they are beginning to firm and are hot in the center, 5 to 7 minutes per side.

Poor Man's Steak

Ingredients

1 cup water
1 cup cracker crumbs
1 teaspoon salt
3 pounds ground beef
all-purpose flour
2 tablespoons cooking oil
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted

Directions

In a large bowl, combine water, cracker crumbs and salt; add beef and mix well. Press into a 15-in. x 10-in. x 1-in. baking pan lined with waxed paper. Cover and refrigerate overnight. Cut the meat into 12 squares. Coat each square lightly with flour; brown in oil in a skillet, a few pieces at a time. Drain. Remove waxed paper from the baking pan; spread the soup in bottom of pan. Place meat squares in a single layer over soup. Bake, uncovered, at 300 degrees F for 35-40 minutes. To serve, spoon some soup over each meat square.

Seven Spiced Shark Steaks

Ingredients

3 (8 ounce) shark steaks
1/4 cup soy sauce
1/4 cup Worcestershire sauce
2 tablespoons onion powder
2 tablespoons garlic salt
2 tablespoons chopped fresh thyme
2 tablespoons ground black pepper
2 tablespoons chili powder

Directions

Rinse the shark steaks and trim off any skin.

Mix together the soy sauce, Worcestershire sauce, onion powder, garlic salt, thyme, black pepper, and chili powder in a small bowl to form a paste. Spread a thin layer of the soy sauce mixture on both sides of each shark steak. Place on a plate and cover. Allow to marinate in the refrigerator at least 30 minutes.

Preheat oven to 325 degrees F (165 degrees C).

Arrange the shark on a baking sheet. Bake the shark in the preheated oven until cooked completely through, about 40 minutes, turning the steaks over once, about half-way through the cooking time.

Flank Steak with Garlic Wine Sauce

Ingredients

1 medium head garlic
1 1/2 pounds flank steak
salt to taste
2 teaspoons freshly ground black pepper
4 tablespoons butter
1/4 cup chopped green onions
1 cup dry red wine

Directions

Cut head of garlic in half, place on a square of foil, and drizzle with olive oil. Wrap. Bake at 400 degrees F (200 degrees C) for 45 minutes. Squeeze roasted garlic cloves out of skins, and mash into a puree. Set aside.

Sprinkle steak with salt and a generous amount of freshly ground pepper. Heat a large heavy skillet over medium high heat, but do not add fat. When hot, cook seasoned steak until seared and well browned on both sides, about a minute per side. Reduce heat to medium, and add 2 tablespoons of the butter. Continue to cook for 3 to 5 minutes on each side. Remove meat, and keep warm.

Pour off the fat in the skillet, and add the scallions and red wine. Bring to a boil, and whisk in the garlic puree. Boil until the wine is reduced by half, and is thick and syrupy. As it boils, scrape up browned bits with a wooden spoon. Stir in the meat juices that have accumulated under the steak. Boil for another second or so. Remove from the heat, and stir in the remaining 2 tablespoons of butter until it is incorporated into the wine sauce.

Quickly slice the meat against the grain, into thin strips. Arrange on a hot platter, and pour the sauce down the center of the slices. Serve at once.

Steak Salad II

Ingredients

1 pound boneless beef sirloin steaks
2 cups chopped romaine lettuce
1/2 small red onion, chopped
1/2 small green bell pepper, chopped
1 small tomato, diced
1/2 cup creamy Ranch salad dressing

Directions

Preheat an outdoor grill for high heat.

In a bowl, toss together the lettuce, onion, pepper, tomato, and dressing.

Lightly oil grill grate. Place steak on grill, and cook 5 minutes on each side, or to desired doneness. Cut into strips, and arrange over the salad to serve.

Chicken Fried Venison Steaks

Ingredients

2 cups seasoned dry bread crumbs
1/2 cup all-purpose flour
salt and black pepper to taste
2 eggs
2 tablespoons milk
4 (6 ounce) venison loin steaks, pounded to 1/4 inch thick
1/2 cup vegetable oil

Directions

Combine the bread crumbs, flour, salt and pepper in a 1-gallon size plastic zipper bag. Beat the eggs and milk together in a shallow bowl.

Dip each steak in the egg mixture, place it in the plastic bag, and shake to coat with crumbs.

Heat the oil in a skillet over medium heat and fry the steaks, turning once, until both sides are golden brown, about 6 to 8 minutes per side.

Slow Cooker Pepper Steak

Ingredients

2 pounds beef sirloin, cut into 2 inch strips
garlic powder to taste
3 tablespoons vegetable oil
1 cube beef bouillon
1/4 cup hot water
1 tablespoon cornstarch
1/2 cup chopped onion
2 large green bell peppers, roughly chopped
1 (14.5 ounce) can stewed tomatoes, with liquid
3 tablespoons soy sauce
1 teaspoon white sugar
1 teaspoon salt

Directions

Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker.

Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.

Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

Shredded Steak Sandwiches

Ingredients

3 pounds boneless beef round steak, cut into large pieces
2 large onions, chopped
3/4 cup thinly sliced celery
1 1/2 cups ketchup
1/2 cup water
1/3 cup lemon juice
1/3 cup Worcestershire sauce
3 tablespoons brown sugar
3 tablespoons cider vinegar
2 teaspoons salt
2 teaspoons prepared mustard
1 1/2 teaspoons paprika
1 teaspoon chili powder
1/2 teaspoon pepper
1/8 teaspoon hot pepper sauce
12 sandwich rolls, split

Directions

Place meat in a 5-qt. slow cooker. Add onions and celery. In a bowl, combine the ketchup, water, lemon juice, Worcestershire sauce, brown sugar, vinegar, salt, mustard, paprika, chili powder, pepper and hot pepper sauce. Pour over meat. Cover and cook on high for 6-8 hours.

Remove meat; cool slightly. Shred with a fork. Return to the sauce and heat through. Serve on rolls.

Teriyaki Tuna Steaks

Ingredients

1/4 cup reduced-sodium soy sauce
3 tablespoons brown sugar
3 tablespoons olive or canola oil
2 tablespoons white wine vinegar or cider vinegar
2 tablespoons sherry or chicken broth
2 tablespoons unsweetened pineapple juice
2 garlic cloves, minced
1 1/2 teaspoons ground ginger
4 (6 ounce) tuna steaks

Directions

In a bowl, combine the first eight ingredients; mix well. Remove 1/3 cup to a small bowl for basting; cover and refrigerate. Pour remaining marinade into a large resealable plastic bag; add tuna. Seal bag and turn to coat; refrigerate for up to 1 hour.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill tuna, uncovered, over medium heat for 5-6 minutes on each side or until fish flakes easily with a fork, basting frequently with reserved marinade.

Chili-Stuffed Flank Steak

Ingredients

1 1/4 pounds lean flank steak,
pocket cut
1 (14.5 ounce) can chili with
beans, drained
1/4 cup canned diced green chiles
2 teaspoons chili powder
1 cup low sodium barbecue sauce

Directions

Heat a grill to high heat.

Place the flank steak on a sheet of heavy duty foil and fill the pocket of the flank steak with chili and diced chilies. Secure the opening of the flank steak with a skewer. Rub the surface of the steak with a thin film of oil (about 2 teaspoons) and season with the chili powder.

Clean the grill grate with a metal brush and rub with oil. Put the steak on the grill, cover, and grill to medium-rare, about 8 minutes, turning once halfway through. Coat the flank steak with barbecue sauce and grill another minute on each side.

Remove skewer, and cut flank steak in thin slices against the grain and serve.

Grilled Steak Pinwheels

Ingredients

2 flank steaks (1 pound each),
trimmed
1/2 pound sliced bacon, cooked
and crumbled
1 cup finely chopped fresh
mushrooms
1 cup finely chopped green onions
1/4 cup finely chopped fresh basil
2 tablespoons minced fresh
chives

Directions

Pound flank steaks on each side. Combine bacon, mushrooms, onions, basil and chives; spread evenly over steaks. Roll the meat up and secure with skewers or wooden picks. Cut each roll into 1/2- to 3/4-in. slices and secure with a wooden pick or skewer.

Grill over hot heat for 4-6 minutes per side or until meat reaches desired doneness. Remove picks before serving.

Apricot Round Steak

Ingredients

1 3/4 pounds boneless top round steak (3/4 inch thick)
3/4 cup apricot preserves
1 tablespoon lemon juice
1/2 teaspoon salt
1/8 teaspoon hot pepper sauce

Directions

Place steak on broiler pan rack; broil for 6-8 minutes on each side.

Meanwhile, in a saucepan or microwave-safe bowl, combine remaining ingredients. Cook until preserves are melted. Set aside 1/2 cup; brush remaining sauce over steak. Broil 2-3 minutes longer or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Slice meat on the diagonal; serve with reserved apricot sauce.

Thai Steak Salad

Ingredients

2 green onions, chopped
1 lemon grass, cut into 1 inch pieces
1 cup chopped fresh cilantro
1 cup chopped fresh mint leaves
1 cup lime juice
1/3 cup fish sauce
1 tablespoon sweet chili sauce
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
1 1/2 pounds (1 inch thick) steak fillet
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1/2 English cucumber, diced
1 pint cherry tomatoes

Directions

In a large bowl, stir together the green onions, lemon grass, cilantro, mint leaves, lime juice, fish sauce, chili sauce, and SPLENDA® Granulated Sweetener, until well combined and the SPLENDA® Granulated Sweetener is dissolved. Adjust the flavor, if desired, by adding more SPLENDA® Granulated Sweetener and/or fish sauce. Set aside.

Cook the steak over high heat on a preheated grill for approximately 4-6 minutes on each side, until it is cooked medium. Do not overcook the meat! Remove from heat and slice into thin strips. Add the meat and its juices to the sauce and refrigerate, tightly covered, for at least 3 hours.

Tear the lettuce into bite size pieces and place in a salad bowl. Arrange the cucumber on top of the lettuce, and then pour the meat and sauce over. Top with the cherry tomatoes and garnish with fresh cilantro leaves.

Quick Greek Pasta Salad with Steak

Ingredients

8 ounces whole wheat penne pasta
2 tablespoons extra virgin olive oil

1 tablespoon butter
1 (1 pound) beef rib eye steak
1 tablespoon butter
1 teaspoon minced garlic
1/4 cup chopped shallots
1 tablespoon soy sauce

1/2 cup sun-dried tomato pesto
1/2 cup sliced black olives
1 cup chopped fresh spinach
1 teaspoon basil
1 tablespoon chopped parsley
1/2 cup crumbled feta cheese
3 tablespoons sunflower kernels

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. When cooked, drain, then toss with olive oil, and keep warm.

Meanwhile, melt 1 tablespoon butter in a skillet over medium-high heat. Sear the rib-eye on both sides until rosy-pink in the center, 7 to 10 minutes depending on thickness. Remove steak from skillet and cut into bite-size pieces. Melt the remaining 1 tablespoon of butter in the skillet, and stir in the garlic and shallots. Cook 5 to 10 seconds until fragrant, then return the steak to the pan and cook for another 5 minutes or to desired doneness. Stir in the soy sauce, and cook a few seconds longer, allowing it to evaporate.

Remove the skillet from the heat and stir in the sun-dried tomato pesto, olives, spinach, basil, parsley, feta cheese and sunflower kernels. Toss with the pasta in a large bowl and serve.

Round Steak Sauerbraten

Ingredients

1 1/2 pounds top round steak,
trimmed and sliced thin
1 tablespoon vegetable oil
1 (.75 ounce) packet dry brown
gravy mix
2 cups water
1 tablespoon onion powder
1 tablespoon brown sugar
2 tablespoons red wine vinegar
1 teaspoon Worcestershire sauce
1/4 teaspoon ground ginger
1 bay leaf
1/2 teaspoon salt
ground black pepper to taste

Directions

Heat the oil in a large saucepan over medium heat. Add the sliced meat and brown well. Remove meat. Add the gravy mix and water and bring to a boil, stirring constantly.

Stir in the onion powder, brown sugar, vinegar, Worcestershire sauce, ginger, bay leaf and salt, and ground black pepper to taste. Return the meat to the pan, reduce heat to low, cover and simmer for one hour, or until meat is tender. Remove bay leaf.

Note: You could also transfer to a casserole dish and bake covered at 350 degrees F (175 degrees C) for 1 1/2 hours.

Grilled Tropical Tuna Steaks

Ingredients

1/2 cup pineapple or other tropical fruit preserves
1/4 cup hoisin sauce
2 tablespoons lime juice
1 tablespoon chopped fresh cilantro
1 teaspoon grated fresh ginger
1 teaspoon sesame oil
4 (6 ounce) tuna steaks, about 1 inch thick

Directions

To prepare marinade, combine preserves, hoisin, lime juice, cilantro, ginger, and sesame oil in a small bowl. Stir well.

Pour into a resealable plastic bag or glass bowl; toss tuna with marinade to coat. Refrigerate for 1 hour.

Preheat an outdoor grill for high heat and lightly oil grate.

Remove tuna steaks from marinade, shake off excess, and discard remaining marinade. Cook on preheated grill for 4 to 5 minutes per side. Be careful not to overcook - the tuna should be lightly browned on the outside but still slightly pink in the middle. Serve immediately.

Citrus-Ginger Flat Iron Steak

Ingredients

- 1/4 cup fresh lime juice
- 3 tablespoons fresh lemon juice
- 1/3 cup fresh grapefruit juice
- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 1 teaspoon soy sauce
- 2 teaspoons chili garlic sauce
- 2 teaspoons honey
- 1 1/2 teaspoons minced fresh ginger root
- 1 teaspoon garlic salt
- 1/2 teaspoon black pepper
- 1 pinch ground cinnamon
- 1 pound flat iron steak

Directions

Whisk together lime juice, lemon juice, grapefruit juice, rice vinegar, olive oil, soy sauce, chili garlic sauce, and honey in a bowl until the honey has dissolved. Season with ginger, garlic salt, pepper, and cinnamon; whisk until blended. Place the flat iron steak into a resealable plastic bag, and pour the marinade ovetop. Squeeze out the excess air, seal, and marinate in the refrigerator 1 1/2 hours. Do not marinate much longer than this, as the citrus juice will "cook" the beef.

Preheat an outdoor grill for medium-high heat.

Remove flat iron from the marinade, and discard the remaining marinade. Cook on preheated grill until the steak has attained your desired degree of doneness, about 2 minutes per side for medium-rare. Place steak onto a plate, set aside, and allow to rest for 3 to 4 minutes before slicing.

Calamari Steaks Parmigiano

Ingredients

4 calamari tubes
3/4 cup Italian seasoned bread crumbs
1/4 cup grated Parmesan cheese
1/4 cup milk
2 cloves garlic, minced
3 tablespoons olive oil
1 1/2 cups spaghetti sauce
4 slices provolone cheese

Directions

Slice the calamari tubes open so they can lay flat. Rinse and pat dry; set aside. Mix the bread crumbs and Parmesan cheese together in a pie tin or on a plate. Pour the milk into a separate dish. Dip the calamari steaks in milk, then press into the bread crumb mixture to coat.

Heat the olive oil in a large skillet over medium-high heat until hot. Quickly add the steaks and cook until golden brown on each side, about 3 minutes per side. They should be golden brown but be careful not to over cook or they will be tough.

Reduce heat to low and add garlic and then spaghetti sauce to the pan. Top each steak with a slice of provolone cheese. Cover with a lid just until the cheese has melted, about 2 minutes.

Carrot-Topped Swiss Cube Steak

Ingredients

3 tablespoons all-purpose flour
1 teaspoon ground mustard
1/4 teaspoon salt
1/8 teaspoon pepper
2 (4 ounce) beef cube steaks
1 tablespoon vegetable oil
1/3 cup chopped onion
2 tablespoons finely chopped celery
1 garlic clove, minced
1 cup canned diced tomatoes, with juices
2 tablespoons shredded carrots
2 1/4 teaspoons Worcestershire sauce
1 1/2 teaspoons honey

Directions

In a shallow bowl, combine the flour, mustard, salt and pepper; coat meat with flour mixture. In a skillet, brown meat in oil for 2 minutes on each side. Remove meat and keep warm.

Saute the onion, celery and garlic in pan drippings for 1-2 minutes. Stir in tomatoes, scraping browned bits from bottom of pan. Stir in the carrots, Worcestershire sauce and honey. Return meat to skillet. Bring to a boil. Reduce heat; cover and simmer 6-10 minutes or until meat and vegetables are tender.

Roasted Garlic Flat Iron Steak

Ingredients

15 cloves garlic
1 tablespoon olive oil
1/2 cup olive oil
4 (8 ounce) flat iron steaks
salt and ground black pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange garlic cloves on a baking sheet. Drizzle 1 tablespoon olive oil over garlic.

Bake garlic in preheated oven until golden brown, 15 to 20 minutes, stirring once to prevent burning. Remove from oven and allow to cool.

Place cooled garlic and 1/2 cup olive oil in a food processor; blend until mixture is a paste.

Season steaks with salt and pepper. Rub garlic paste on both sides of each steak.

Place a large skillet over medium heat. Cook the steaks until the internal temperature reaches 135 degrees to 140 degrees F (60 degrees C), about 5 minutes per side. Remove the whole pan from the heat and let stand until steaks reach an internal temperature of 145 degrees F (63 degrees C), or your desired degree of doneness.

Rhubarb Steak Sauce

Ingredients

8 cups chopped fresh or frozen
rhubarb
4 cups chopped onion
2 cups white vinegar
2 1/3 cups packed brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1/2 teaspoon ground cloves
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large saucepan or Dutch oven, combine all ingredients. Bring to a boil. Reduce heat and simmer for 1 hour or until thickened, stirring occasionally. Cool. Refrigerate in covered containers.

Marinated Flank Steak

Ingredients

2/3 cup olive or vegetable oil
1/4 cup lemon juice
2 tablespoons cider or red wine vinegar
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
1 tablespoon Dijon mustard
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1 (1 1/2-pound) flank steak

Directions

In a large resealable plastic bag or shallow glass container, combine the first nine ingredients; mix well. Add steak and turn to coat. Seal or cover and refrigerate for 8 hours or overnight, turning occasionally. Drain and discard marinade.

Grill, covered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for rare, a meat thermometer should read 140 degrees; medium, 160 degrees; well-done, 170 degrees).

Flat Iron Steak with Balsamic Reduction

Ingredients

3 pounds beef flat iron steak
(shoulder top blade)
3 tablespoons extra-virgin olive oil
2 tablespoons coarsely ground
mixed peppercorns
1 1/2 teaspoons salt
1 tablespoon butter
1 clove garlic, minced
1 cup balsamic vinegar
1/4 cup chopped fresh parsley

Directions

Brush steak with olive oil, then press into ground peppercorns and season with salt; set aside. Melt butter in a large skillet over medium high heat. Add flat iron, and cook to desired degree of doneness, about 4 minutes per side for medium-rare.

Once the steak has finished cooking, remove to a plate and keep warm. Stir the minced garlic into the skillet, and cook over medium heat until the garlic begins to brown around the edges, about 1 minute. Pour in the balsamic vinegar, increase heat to medium-high, and simmer until the vinegar has reduced by half.

Thinly slice the flat iron steak across the grain, and arrange on a serving platter. Pour the reduced balsamic ovetop, and sprinkle with chopped parsley to serve.

Doreen's Teriyaki Steak Marinade

Ingredients

3/4 cup steak sauce
1/4 cup sherry
3 tablespoons light brown sugar
3 tablespoons soy sauce
1 clove garlic, peeled and minced
1/2 teaspoon ground black pepper

Directions

In a medium bowl, mix steak sauce, sherry, light brown sugar, soy sauce, garlic and pepper. Place desired meat in the mixture. Cover and marinate in the refrigerator at least 4 hours before grilling as desired.

Adel's Red Wine Steak Marinade

Ingredients

1 cup dry red wine
1/3 cup soy sauce
2 tablespoons lemon juice
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
2 tablespoons honey
1 teaspoon minced garlic
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon onion powder
1/2 teaspoon ground black pepper
1/2 cup canola oil

Directions

To make the marinade, whisk together the red wine, soy sauce, lemon juice, Worcestershire sauce, mustard, honey, garlic, cumin, coriander, onion powder, pepper, and canola oil in a bowl until smooth.

To use the marinade, pour over 4 steaks in a resealable plastic bag. Squeeze out the air, and massage the bag to coat the meat with the marinade. Refrigerate at least 8 hours before cooking to desired degree of doneness.

Blake's Best Steak

Ingredients

4 (6 ounce) rib-eye steaks
2 tablespoons olive oil
salt and freshly ground black pepper to taste
8 cloves garlic, minced
4 sprigs fresh rosemary

Directions

Preheat grill for high heat.

Rub each steak lightly with olive oil - this is to ensure that the steaks don't stick to the grill. Season with salt and pepper. Rub fresh garlic into both sides of each steak. Let stand for 15 minutes.

Place the steaks on the preheated grill, and immediately turn after 30 seconds (this first turn is to ensure that one side is seared). Place the fresh rosemary sprigs on top. Cook 7 minutes per side, to desired doneness, remembering to remove the rosemary sprigs before turning, and to replace on top of the meat after turning.

Steak Sauce

Ingredients

1/2 cup raisins
2/3 cup ketchup
1 teaspoon chili powder
1 teaspoon seasoning salt
1/2 cup applesauce
2 tablespoons Italian-style salad dressing

Directions

Combine raisins, ketchup, chile powder, seasoning salt, applesauce and Italian-style dressing in a blender or food processor. Blend until smooth.

Barbequed Marinated Flank Steak

Ingredients

1/4 cup soy sauce
3 tablespoons honey
2 tablespoons distilled white vinegar
1/2 teaspoon ground ginger
1/2 teaspoon garlic powder
1/2 cup vegetable oil
1 1/2 pounds flank steak

Directions

In a blender, combine the soy sauce, honey, vinegar, ginger, garlic powder, and vegetable oil.

Lay steak in a shallow glass or ceramic dish. Pierce both sides of the steak with a sharp fork. Pour marinade over steak, then turn and coat the other side. Cover, and refrigerate 8 hours, or overnight.

Preheat grill for high heat.

Place grate on highest level, and brush lightly with oil. Place steaks on the grill, and discard marinade. Grill steak for 10 minutes, turning once, or to desired doneness.

Simple Vinegar Steak

Ingredients

4 pounds boneless top round steaks
2 1/2 cups apple cider vinegar
3 eggs
1 1/2 cups all-purpose flour
1 cup oil for frying

Directions

Pound steaks using a meat mallet to tenderize. Place in a shallow glass dish, and pour the vinegar over the steaks so that they are covered. Refrigerate for 30 to 45 minutes to marinate.

Heat oil in a large skillet over medium-high heat. Beat eggs in a shallow dish, and set aside. Place flour in a separate dish. Dip steaks in flour, then in egg, then in flour again. Place in the hot oil, and fry on each side until deep golden brown, about 4 minutes per side. Remove to a paper towel-lined plate to drain. Serve immediately.

Savory Garlic Marinated Steaks

Ingredients

- 1/2 cup balsamic vinegar
- 1/4 cup soy sauce
- 3 tablespoons minced garlic
- 2 tablespoons honey
- 2 tablespoons olive oil
- 2 teaspoons ground black pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon liquid smoke flavoring
- 1 pinch cayenne pepper
- 2 (1/2 pound) rib-eye steaks

Directions

In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.

Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.

Preheat grill for medium-high to high heat.

Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

Blackened Tuna Steaks with Mango Salsa

Ingredients

2 tablespoons olive oil
2 tablespoons lime juice
2 cloves garlic, minced
4 tuna steaks

1 fresh mango - peeled, pitted, and chopped
1/4 cup finely chopped red bell pepper
1/2 Spanish onion, finely chopped
1 green onion, chopped
2 tablespoons chopped fresh cilantro
1 jalapeno pepper, seeded and minced
2 tablespoons lime juice
1 1/2 teaspoons olive oil

2 tablespoons paprika
1 tablespoon cayenne pepper
1 tablespoon onion powder
2 teaspoons salt
1 teaspoon ground black pepper
1 teaspoon dried thyme
1 teaspoon dried basil
1 teaspoon dried oregano
1 tablespoon garlic powder
4 tablespoons olive oil

Directions

Whisk together the olive oil, lime juice, and garlic in a bowl. Rub the tuna steaks with the mixture. Place the steaks in a sealable container and chill in refrigerator 3 hours.

Combine the mango, bell pepper, Spanish onion, green onion, cilantro, and jalapeno pepper in a bowl; stir. Add the lime juice and 1 1/2 teaspoons olive oil and toss to combine. Chill in refrigerator 1 hour.

Stir together the paprika, cayenne pepper, onion powder, salt, pepper, thyme, basil, oregano, and garlic powder in a bowl. Remove the tuna steaks from the refrigerator and gently rinse with water and then dip each side of each steak in the spice mixture to coat.

Heat 2 tablespoons olive oil in a large skillet over medium heat. Gently lay the tuna steaks into the hot oil. Cook the tuna on one side for 3 minutes; remove to a plate. Pour the remaining 2 tablespoons olive oil into the skillet and let it get hot. Lay the tuna with the uncooked side down into the skillet and cook another 3 minutes; remove from heat immediately.

Spoon about 1/2 cup of the mango salsa onto each of 4 plates. Lay the tuna steaks atop the salsa and serve immediately.

Arrachera (Skirt Steak Taco Filling)

Ingredients

2 pounds skirt steak, pounded flat
10 (.18 ounce) packets sazón seasoning with coriander and achiote, such as Goya®
1 tablespoon white pepper
1/2 (12 fluid ounce) bottle Mexican beer (such as Corona®)

Directions

Sprinkle each piece of skirt steak with the sazón and white pepper. Stack the seasoned steaks in a deep dish as you season them. Pour the beer over the steaks. Cover the dish and refrigerate for 2 hours.

Preheat an outdoor grill for high heat and lightly oil the grate. Remove the steaks from the dish and discard the marinade.

Cook the skirt steaks on the prepared grill until they are very firm, hot, and gray in the center, 7 to 10 minutes per side.

Steak Stir-Fry

Ingredients

1 teaspoon beef bouillon granules
1 cup boiling water
2 tablespoons cornstarch
1/3 cup soy sauce
1 pound boneless sirloin steak,
cut into thin strips
1 garlic clove, minced
1 teaspoon ground ginger
1/4 teaspoon pepper
2 tablespoons vegetable oil,
divided
1 large green pepper, julienned
1 cup sliced carrots or celery
5 green onions, chopped into 1
inch pieces
Hot cooked rice

Directions

Dissolve bouillon in water. Combine the cornstarch and soy sauce until smooth; add to bouillon. Set aside.

Toss beef with garlic, ginger and pepper.

In a large skillet or wok over medium-high heat, stir-fry beef in 1 tablespoon oil until cooked as desired; remove and keep warm.

Heat remaining oil; stir-fry vegetables until crisp-tender. Stir soy sauce mixture and add to the skillet; bring to a boil. Cook and stir for 2 minutes. Return meat to pan and heat through. Serve over rice.

Perfect Porterhouse Steak

Ingredients

20 ounces porterhouse steak
1 teaspoon olive oil
1 tablespoon meat tenderizer
1 teaspoon steak seasoning

Directions

Place steak on a plate and coat lightly with olive oil. Rub steak with meat tenderizer. Sprinkle steak with Canadian steak seasoning and gently rub into steak. Cover with plastic wrap and let stand for 20 minutes.

Preheat a grill for high heat. When the grill is hot, lightly oil the grate.

Unwrap steaks and grill on open flame or charcoal grill for 3 to 5 minutes per side, or to your desired degree of doneness.

Marinated Steak

Ingredients

3/4 cup unsweetened pineapple juice
1/3 cup dry red wine or beef broth
1/4 cup reduced sodium teriyaki sauce
1/4 cup reduced-sodium soy sauce
4 garlic cloves, minced
1 teaspoon ground ginger
1/4 teaspoon Worcestershire sauce
2 pounds boneless beef top round steak (1 1/2 inches thick)

Directions

In a bowl, combine the first seven ingredients; mix well. Pour 3/4 cup marinade into a large resealable plastic bag; add the steak. Seal bag and turn to coat; refrigerate for at least 4 hours. Cover and refrigerate remaining marinade.

Before starting the grill, spray grill rack with nonstick cooking spray. Drain and discard marinade from steak. Grill, covered, over medium heat for 10-12 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Baste with reserved marinade during the last 5 minutes of cooking.

Beef Tenderloin Steaks Topped with Horseradish

Ingredients

1 tablespoon Dijon mustard
1 1/2 teaspoons horseradish
1/4 teaspoon dried basil
1/4 teaspoon dried thyme leaves
1/4 teaspoon dried tarragon leaves
1/4 teaspoon black pepper
2 (8 ounce) beef tenderloin steaks
Salt to taste

Directions

Stir together Dijon, horseradish, basil, thyme, tarragon, and pepper. Spread mixture evenly over top and sides of the steaks. Wrap individually with plastic wrap, and allow to marinate in the refrigerator overnight.

Preheat oven to 400 degrees F (200 degrees C). Spray a small, glass baking dish with cooking spray.

Unwrap steaks and sprinkle with salt to taste. Place into baking dish, and roast in preheated oven to desired degree of doneness (30 minutes for medium-rare, 60 minutes for well done).

Steak Sauce

Ingredients

1 1/4 cups ketchup
2 tablespoons prepared yellow mustard
2 tablespoons Worcestershire sauce
1 1/2 tablespoons apple cider vinegar
4 drops hot pepper sauce (e.g. Tabasco[®])
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

In a medium bowl, mix together the ketchup, mustard, Worcestershire sauce, vinegar, hot pepper sauce, salt and pepper. Transfer to a jar and refrigerate until needed.

Easy BBQ Flank Steak with Chipotle Mayo

Ingredients

Steak Marinade:

1/2 cup soy sauce
1/2 cup olive oil
4 1/2 tablespoons honey
6 cloves garlic, minced
3 tablespoons chopped fresh rosemary
1 1/2 tablespoons coarsely ground black pepper
1 teaspoon salt
2 pounds flank steak

Chipotle Mayo:

1 1/2 cups mayonnaise
1 (7 ounce) can chipotle peppers in adobo sauce

Directions

Combine soy sauce, olive oil, honey, garlic, rosemary, pepper, and salt in a resealable plastic bag. Add the steak, and turn to coat with the marinade; press out excess air, and seal the bag. Marinate in the refrigerator for 30 minutes, or overnight for better flavor.

Preheat an outdoor grill for medium-high heat. Discard marinade.

Lightly oil the grate. Grill the flank steak for 7 minutes per side, or to desired doneness. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Let stand for 10 minutes before slicing very thinly against the grain.

Drain the chipotle peppers reserving 1 teaspoon of the adobo sauce. Finely chop the chipotle peppers. Stir together the mayonnaise, chipotle peppers, and reserved adobo sauce in a medium bowl. Serve the sauce with the steak.

Steak and Mushroom Teriyaki Bowl

Ingredients

1 tablespoon vegetable oil
1 pound boneless flank steak,
thinly sliced
1 (10 ounce) package mushrooms,
sliced
1 medium onion, thinly sliced
1 1/2 cups water
1 (5.4 ounce) package Knorr®
Asian Sides® - Teriyaki Rice

Directions

Heat oil in 12-inch nonstick skillet over medium-high heat and cook steak, stirring occasionally, 2 minutes. Season, if desired, with salt and ground black pepper.

Add mushrooms and onion and cook, stirring occasionally, 3 minutes or until tender. Remove steak mixture and set aside.

Bring water to a boil over high heat in same skillet. Stir in Knorr® Asian Sides® - Teriyaki Rice. Reduce heat to low and simmer covered 7 minutes or until rice is tender. Return steak mixture to skillet; heat through. Garnish, if desired, with chopped green onions.

Mexican Steak Torta

Ingredients

1 pound sirloin steak
1 tablespoon garlic salt
1 teaspoon ground black pepper
1 teaspoon ground cumin
ground cayenne pepper to taste

4 kaiser rolls, split
1/4 cup mayonnaise
1/2 cup refried beans
1 large avocado, thinly sliced
1 large tomato, sliced
2 cups shredded lettuce
crumbled cotija cheese (optional)

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Season steak with garlic salt, black pepper, cumin, and cayenne pepper.

Grill steak on the preheated grill until medium-rare, about 5 minutes per side. Remove from heat to a cutting board and cover with foil.

Set a large skillet over medium-high heat. Spread both halves of each roll with mayonnaise. Brown the rolls, mayonnaise-side down until golden, about 3 minutes. Warm the refried bean in a bowl in the microwave, about 1 minute on High, and slice the sirloin steak into thin strips.

Spread a thin layer of beans on the bottom half of each roll, layer with steak, avocado, tomato, and lettuce. Top with cheese, if desired, and close the sandwich with the top of the roll.

Swiss Steak Italian Style

Ingredients

1 pound round steak, cut into pieces
3 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper
3 tablespoons vegetable oil
3/4 cup chopped onion
2 (16 ounce) jars spaghetti sauce
1/2 cup red wine
2 cups thinly sliced celery
1 cup sliced green bell pepper
1 (12 ounce) package egg noodles

Directions

Dredge steak in flour, salt and pepper. Heat a large skillet on medium high heat. Add oil to hot pan. Add meat and saute until browned. Stir in onion and saute. Stir in marinara sauce and wine and bring to boil. Add celery and green pepper; stir. Reduce heat, cover and simmer for 45 minutes.

Heat a large pot of water to a boil and cook noodles until al dente. Remove from heat and drain.

Serve meat sauce over noodles.

Cheese Steak Subs

Ingredients

1/2 cup julienned sweet red pepper
1/2 cup julienned green pepper
1/2 cup sliced onion
1/2 teaspoon vegetable oil
2 slices mozzarella cheese
4 ounces thinly sliced deli roast beef
2 submarine sandwich buns, split

Directions

In a small skillet, saute the peppers and onion in oil until tender. Cut cheese slices in half. Place beef and cheese on the bottom of each bun. Broil 4 in. from the heat for 1-2 minutes or until cheese is melted. Top with pepper mixture and bun tops.

Portobello Port Sauce for Steak

Ingredients

1/4 pound portobello mushrooms,
thinly sliced
3 tablespoons butter
1/2 cup port wine
2 tablespoons sour cream
1/2 teaspoon cornstarch
salt and ground black pepper to
taste

Directions

Heat butter in a large heavy skillet over medium-high heat. Saute mushrooms until soft and lightly browned, about 2 minutes. Stir in port wine, and let simmer for 2 minutes; remove from heat. In a small bowl, mix together sour cream and cornstarch. Stir into mushroom mixture until smooth. Return to heat, and stir until thickened and smooth. Season to taste with salt and pepper.

Chicken-Fried Steak Strips

Ingredients

1 egg, lightly beaten
1/4 cup milk
1 cup all-purpose flour
1 tablespoon onion powder
1 1/2 teaspoons garlic powder
1 teaspoon seasoned salt
1 teaspoon paprika
1/2 teaspoon dried parsley flakes
1/2 pound boneless beef round
steak, cut into thin strips
oil for frying

Directions

In a shallow bowl, combine egg and milk. In another shallow bowl, combine flour and seasonings. Dip beef in egg mixture, then in flour mixture. Dip again in egg mixture and coat with flour mixture. Let stand for 5 minutes.

In a skillet, heat 1/4 in. of oil over medium heat. Place a few pieces of meat in the skillet at a time. Fry until golden brown, about 4 minutes. Drain on paper towels.

Mexican Steak and Beans

Ingredients

1 tablespoon all-purpose flour
1/2 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon ground cumin
1/8 teaspoon pepper
1/2 pound boneless beef round steak, cut into 1-inch cubes
1 tablespoon vegetable oil
3/4 cup thinly sliced celery
1 medium onion, chopped
1/2 cup water
1/4 cup chili sauce
1 medium carrot, cut into 1/2-inch slices
1 small green pepper, cut into 1 1/2 -inch strips
3/4 cup kidney beans, rinsed and drained
Hot cooked rice

Directions

In a resealable plastic bag, combine the first five ingredients. Add the steak; shake to coat. In a skillet, cook steak in oil until browned on all sides; drain. Add the celery, onion, water and chili sauce.

Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Add carrot; cover and simmer for 15 minutes. Stir in green pepper and beans. Cover and simmer 10 minutes longer or until meat and vegetables are tender. Serve over rice if desired.

Sweet and Sour Ham Steak

Ingredients

2 Cook's® brand Bone-in Ham Steaks

1/2 cup brown sugar, firmly packed

1/3 cup beer or apple juice

2 tablespoons Dijon mustard

1 teaspoon pumpkin pie spice

Directions

Prepare charcoal or gas grill.

In a small saucepan, combine brown sugar, beer or apple juice, Dijon mustard and pumpkin pie spice. Cook glaze over medium-high heat, stirring several times, until it starts to bubble. Remove from heat.

Grill each ham steak 1-2 minutes each side before applying glaze. Baste ham steaks with glaze, grill 2 minutes, turn and baste again; grill an additional 2 minutes. Serve hot.

Venison Steak Strips

Ingredients

1 tablespoon lime juice
1 tablespoon soy sauce
1 chipotle pepper in adobo sauce, minced
1 tablespoon olive oil
1 tablespoon chile powder
1 1/2 teaspoons paprika
1 1/2 teaspoons ground cumin
1 tablespoon minced garlic
1 pound venison, cut into 1/2-inch strips
1 1/2 cups all-purpose flour
Seasoned salt (or Cajun seasoning) and pepper to taste
2 tablespoons olive oil

Directions

Stir together the lime juice, soy sauce, minced chipotle, and 1 tablespoon olive oil; stir in chile powder, paprika, cumin, and garlic. Toss venison strips until well coated with marinade, set aside, and marinate for 20 minutes.

Drain venison strips in a colander, pressing out any excess liquid. Place the flour in a plastic bag, season to taste with seasoned salt and pepper. Toss venison strips with the flour until each piece is coated.

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Shake excess flour from the venison strips, and cook until well browned on both sides, about 2 minutes per side.

Caribbean Flank Steak with Coconut Rice

Ingredients

1 (1 1/2-pound) beef flank steak
1 (8 ounce) can crushed pineapple

Marinade:

1/4 cup fresh lime juice
2 tablespoons finely chopped
fresh cilantro
1 tablespoon Caribbean jerk
seasoning

Coconut Rice:

2 cups water
1 cup uncooked brown rice
3 tablespoons shredded coconut,
toasted
2 tablespoons sliced almonds,
toasted
1 tablespoon finely chopped fresh
cilantro

Directions

Drain pineapple, reserving 1/4 cup juice for Marinade; discard excess juice. Reserve crushed pineapple for Coconut Rice.

Combine marinade ingredients and reserved pineapple juice in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

Prepare Coconut Rice. Combine water and rice in medium saucepan; bring to a boil. Reduce heat; cover and simmer 35 to 45 minutes or until rice is tender. Remove from heat. Stir in reserved pineapple, coconut, almonds and cilantro. Season with salt, as desired.

Meanwhile, remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 17 to 21 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning occasionally. Season with salt, as desired.

Carve steak across the grain into thin slices. Serve with rice.

Fuzzy's Chipotle Flank Steak

Ingredients

2 tablespoons olive oil
2 (7 ounce) cans chipotle peppers
2 pounds flank steak

Directions

Puree olive oil and chipotle peppers in a blender until smooth.
Spread over flank steak, and marinate in the refrigerator overnight.

Preheat a grill for medium-high heat.

Grill the flank steak to desired doneness, about five minutes per side for medium.

Grilled Fish Steaks

Ingredients

1 clove garlic, minced
6 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh
parsley
2 (6 ounce) fillets halibut

Directions

In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.

Place the halibut filets in a shallow glass dish or a resealable plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.

Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

Remove halibut filets from marinade and drain off the excess. Grill filets 5 minutes per side or until fish is done when easily flaked with a fork.

Beer Steak

Ingredients

4 (1/2 pound) rib-eye steaks, or
steak of choice
2 tablespoons sea salt
2 tablespoons lemon pepper
2 (12 fluid ounce) cans or bottles
beer of choice

Directions

Place the steaks in a large, shallow container with a lid. Season each side of the steaks with the salt and lemon pepper. Gently pour the beer over the steaks (making sure the seasoning doesn't wash off). Cover, and refrigerate for 1 to 2 hours.

Preheat grill for high heat.

Lightly oil grill grate. Place steaks on grill, and discard beer marinade. Cook for 5 minutes per side, or to desired doneness.

Spiced Ham Steak

Ingredients

1 1/3 cups pineapple juice
1 teaspoon butter or margarine,
melted
1 teaspoon ground cloves
1 teaspoon paprika
2 garlic cloves, minced
1/2 teaspoon brown sugar
1/4 teaspoon ground mustard
8 ounces 2 inch thick ham steak

Directions

In a 2-cup measuring cup, combine the juice, butter, cloves, paprika, garlic, sugar and mustard; mix well. Pour 2/3 cup marinade into a large resealable plastic bag; cover and refrigerate remaining marinade. Add ham to the bag. Seal bag and turn to coat; refrigerate for at least 3 hours or overnight.

Drain and discard marinade. Grill ham, uncovered, over medium heat for 4-6 minutes on each side or until meat is glazed and heated through, basting occasionally with reserved marinade.

Grilled Halibut Steaks

Ingredients

3/4 cup butter or margarine, softened
1 tablespoon lemon juice
1 1/2 teaspoons dried minced onion
1 1/2 teaspoons garlic salt
1 1/2 teaspoons dried parsley flakes
3/4 teaspoon dill weed
1/4 teaspoon sugar
1/4 teaspoon pepper
4 halibut or swordfish steaks, 1-inch thick

Directions

In a small bowl, combine the first eight ingredients; let stand for 30 minutes. If grilling the fish, coat grill rack with nonstick cooking spray before starting the grill. Spread 1 tablespoon herbed butter over each halibut steak.

Grill fish, butter side down, covered, over medium heat or broil, buttered side up, 4 in. from the heat for 5-1/2 minutes. Spread 1 tablespoon herbed butter over each halibut steak; turn and spread with remaining butter. Grill or broil 5-6 minutes longer or until fish flakes easily with a fork.

Pineapple Steak Stir Fry

Ingredients

1 (8 ounce) can pineapple chunks
- drained with juice reserved
2 teaspoons rice wine vinegar
2 tablespoons soy sauce
1 teaspoon olive oil
1 teaspoon vanilla-flavored vodka
1/2 teaspoon ground ginger
1/2 teaspoon brown sugar
1/2 teaspoon white sugar
1 (1 1/2-pound) beef sirloin steak,
cut into 1/4-inch strips
1 1/2 cups water
1/2 cup long grain white rice
2 tablespoons olive oil

Directions

Stir together 1/3 cup reserved pineapple juice, rice wine vinegar, soy sauce, olive oil, vanilla vodka, ginger, brown sugar, and white sugar in a mixing bowl until blended. Adjust the sugar to taste.

Place the steak strips in a large, resealable plastic bag. Pour in the pineapple juice mixture and seal the bag. Turn the bag gently to evenly coat steak with the marinade. Refrigerate 3 to 4 hours.

Bring water to a boil in a saucepan over medium-high heat. Add the rice and stir. Reduce heat, cover and simmer 20 minutes.

Heat 2 tablespoons olive oil in a skillet over medium heat. Remove steak strips from marinade and place in the skillet. Cook and stir the steak strips until browned and no longer pink, about 2 minutes per side. Remove from the heat, cover and keep warm.

Place the pineapple chunks in a separate skillet. Cook over medium heat until slightly soft and heated through, about 4 minutes. To serve, divide the rice between two bowls, top with steak strips and pineapple chunks, and toss briefly.

Asian Steak Stir-Fry Salad

Ingredients

1/4 cup peanut oil
2 tablespoons soy sauce
1 teaspoon ground black pepper
1 pound skirt steak, sliced into strips
B
1/2 green bell pepper, chopped
1/4 onion, chopped
2 tablespoons chopped green onion
1 tablespoon chopped fresh ginger root
1 tablespoon chopped serrano pepper
1 cup fresh baby spinach
1/4 cup balsamic vinaigrette salad dressing

Directions

Whisk together the peanut oil, soy sauce, and pepper in a bowl; pour into a resealable plastic bag. Add the steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 12 to 24 hours.

Cook and stir the steak and the marinade in a large skillet over medium heat. Stir in the bell pepper, onion, green onion, ginger, and serrano pepper. Cook until the steak is evenly brown. Serve over a bed of spinach with the balsamic vinaigrette.

Grilled Delmonico Steaks

Ingredients

1/2 cup olive oil
1/4 cup Worcestershire sauce
6 tablespoons soy sauce
1/4 cup minced garlic
1/2 medium onion, chopped
2 tablespoons salt
1 tablespoon pepper
1 tablespoon crushed dried rosemary
3 tablespoons steak seasoning
3 tablespoons steak sauce (e.g. A-1)
4 (10 ounce) Delmonico (rib-eye) steaks

Directions

Combine the olive oil, Worcestershire sauce, soy sauce, garlic, onion, salt, pepper, rosemary, steak seasoning, and steak sauce in the container of a food processor or blender. Process until well blended.

Prick steaks on both sides with a fork, and place in a shallow container with a lid. Pour marinade over steaks, cover, and refrigerate at least 3 hours, or overnight.

Preheat an outdoor grill for medium heat, or light charcoal, and wait until coals are completely white. Soaked wood chips may be added to the coals when ready for a smoky flavor, if you like.

Remove steaks from marinade, and discard the marinade. Lightly oil the grilling surface, and place steaks on the grill. Cover, and grill steaks for about 10 minutes on each side, or to your desired degree of doneness.

Jeremy's Philly Steak and Cheese Sandwich

Ingredients

1 teaspoon butter
1/2 white onion, sliced
1/2 red onion, sliced
8 fresh mushrooms, sliced
1 clove garlic, minced
6 ounces beef sirloin, thinly sliced
3/4 cup cream cheese, softened
1 teaspoon Worcestershire sauce
salt and pepper to taste
1 French baguette, cut in half lengthwise
1/2 cup shredded Swiss cheese

Directions

Melt butter in a large skillet over medium-high heat. Saute the white and red onions, mushrooms, and garlic until tender. Remove from the pan, and set aside.

Place the sliced beef in the pan, and fry until no longer pink, about 5 minutes. Reduce heat to low, and stir in the cream cheese and Worcestershire sauce, cooking and stirring until the beef is well coated. Season with salt and pepper to taste.

Meanwhile, preheat your oven's broiler.

Place beef mixture onto bottom half of the baguette, then cover the beef with the onion mixture. Place Swiss cheese over the onion mixture. Place open sandwich under a hot broiler until the cheese is melted. Place top of baguette onto the toppings, and serve.

BBQ Steak

Ingredients

- 1 small onion, chopped
- 7 cloves garlic
- 1/2 cup olive oil
- 1/2 cup vinegar
- 1/2 cup soy sauce
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons Dijon-style prepared mustard
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 (2 pound) tri-tip steak

Directions

Place onion, garlic, olive oil, vinegar, soy sauce, rosemary, mustard, salt, and pepper into the bowl of a food processor. Process until smooth. Place steak in a large resealable plastic bag. Pour marinade over steaks, seal, and refrigerate for about 3 hours.

Preheat the grill for high heat.

Brush grill grate with oil. Discard marinade, and place steak on the prepared grill. Cook for 7 minutes per side, or to desired doneness.

Smothered Hamburger Steak

Ingredients

2 eggs
2 tablespoons minced onion
1 tablespoon beef base
1/2 teaspoon black pepper
3 slices white bread
2 pounds lean ground beef
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.75 ounce) can water
1 dash Worcestershire sauce

Directions

Whisk together the eggs, onion, beef base, and pepper in a bowl. Tear the bread into large pieces, and place into the bowl. Let the bread soak for a few seconds and add the ground beef. Mix the meat into the egg-bread mixture, and form into 8 patties.

Heat a large heavy skillet over medium-high heat, and fry the patties until they are browned and the meat is no longer pink in the center, about 8 minutes per side. Set the patties aside.

Remove the excess grease from the skillet, and whisk the mushroom soup, water, and Worcestershire sauce together in the skillet until smooth. Place the patties back into the skillet, spoon sauce over them to cover, and bring to a boil over medium-high heat. Reduce the heat to a simmer, and cook until the sauce is thickened and the flavors have blended, about 20 minutes.

Slow Cooker Swiss Steak

Ingredients

1/4 cup all-purpose flour
salt and pepper to taste
1 1/2 pounds round steak, cut into small pieces
3 tablespoons vegetable oil
3 stalks celery, chopped
1 onion, chopped
3 carrots, shredded
2 (14.5 ounce) cans diced tomatoes with juice
1 tablespoon Worcestershire sauce
2 tablespoons brown sugar, or to taste

Directions

In a shallow bowl, mix the flour, salt, and pepper. Lightly coat the round steak pieces in the flour mixture.

Heat the oil in a skillet over medium heat, and saute the celery, onion, and carrots about 5 minutes, until tender. Remove from heat, and set aside. Mix in the round steak pieces, and cook until lightly browned.

Place the vegetables and steak in a slow cooker. Mix in the tomatoes with juice, Worcestershire sauce, and brown sugar.

Cover, and cook 8 to 10 hours on Low, until the round steak is very tender.

Mango-Spiced Steak Skewers

Ingredients

1/4 cup Dijon mustard
1/4 cup honey
1/4 cup mango preserves

1/2 cup apple juice
1/4 cup teriyaki sauce
1 tablespoon honey
1/2 cup mango preserves
1 clove garlic, minced
1 teaspoon cayenne pepper
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil
1 pound flank steak, sliced across the grain 3/8-inch thick
10 bamboo skewers, soaked in water for 20 minutes

Directions

Stir together Dijon mustard, 1/4 cup honey, and 1/4 cup mango preserves in a small bowl to make a dipping sauce; set aside. Whisk together the apple juice, teriyaki sauce, 1 tablespoon honey, 1/2 cup mango preserves, garlic, cayenne pepper, salt, and black pepper in a bowl until blended. Add sliced flank steak and toss to coat. Set aside to marinate 10 minutes.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Remove the steak from the marinade, and discard the remaining marinade. Thread the steak strips onto the soaked skewers. Cook on the preheated grill to desired degree of doneness, about 1 minute on each side for medium. Serve accompanied by the Dijon dipping sauce.

Fried Steak with Peppercorn Gravy Sauce

Ingredients

1 (1.2 ounce) package brown
gravy mix
1/4 cup whipping cream
1 tablespoon vinegar
6 New York strip steaks, cut 1-
inch thick
1 tablespoon white wine
1 tablespoon whole black
peppercorns
salt and pepper to taste (optional)

Directions

Prepare gravy mix in a small saucepan according to package directions. Stir in cream, vinegar, white wine, and peppercorns. Simmer over low heat for a few minutes just to blend the flavors.

Meanwhile, heat a large skillet over medium-high heat. Season steaks with salt and pepper (if desired) and place in the hot skillet. Fry for 7 to 10 minutes per side, or to your desired degree of doneness. The internal temperature of the steaks should be at least 145 degrees F (63 degrees C) for rare meat.

Remove steaks to a serving platter or individual plates, and drizzle each one with the gravy. Garnish with peppercorns and fresh parsley for special occasions.

Grilled Beef Steaks with Espresso-Bourbon Sauce

Ingredients

4 (4 ounce) beef tenderloin steaks,
cut 1 inch thick
Salt and pepper

Espresso-Bourbon Sauce:

1/4 cup bourbon
1/4 cup maple syrup
1/4 cup reduced-sodium soy
sauce
1 tablespoon fresh lemon juice
2 teaspoons instant espresso
coffee powder
1/8 teaspoon black pepper

Directions

Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.

Place steaks on grid over medium, ash-covered coals. Grill tenderloin steaks, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning occasionally. Season with salt and pepper, as desired. Serve with sauce.

Grilled Garlic Flank Steak Salad

Ingredients

1 cup MarzettiB® Supreme Caesar Dressing
1 (1 1/2-pound) whole flank steak, scored
2 teaspoons minced garlic
2 tablespoons vegetable oil
2 heads romaine lettuce, outer leaves discarded, inner leaves separated and left whole or chopped
1 pint cherry tomatoes, sliced in half lengthwise
1 small red onion, cut into 1/4-inch slices
2 ounces Parmigiano-Reggiano cheese, shaved or grated
Salt and freshly ground black pepper, to taste

Directions

Place meat in a shallow dish or plastic bag. Lightly sprinkle both sides of meat with salt and pepper. Combine garlic and oil and press into the meat. Marinate 20 minutes or up to 12 hours. Wipe off excess garlic with paper towel. Reseason with salt and pepper.

Prepare grill to medium hot. While grill is heating, arrange lettuce, tomatoes and onions on platter or individual plates. Spray grill rack with non-stick cooking spray for the grill. Place meat on rack grill 4 to 6 minutes over direct heat; with tongs, turn the meat and grill an additional 4 to 5 minutes for rare to medium-rare.

Transfer meat to cutting board and allow meat to rest for 5 minutes before carving. Cut meat across grain into 1/4-inch bite-size strips. Arrange on top of composed salad. Drizzle with Marzetti Supreme Caesar Salad Dressing. Sprinkle with pepper and cheese. Serve. Pass additional dressing.

Herbed Salmon Steaks

Ingredients

1/4 cup butter or margarine,
melted
2/3 cup crushed saltine crackers
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon garlic powder
4 (6 ounce) salmon steaks

Directions

Place butter in a shallow dish. In another dish, combine the cracker crumbs, Parmesan cheese, salt, basil, oregano and garlic powder. Dip salmon into butter, then coat both sides with crumb mixture. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 30-35 minutes or until fish flakes easily with a fork.

Gyro Steak Salad (with Tzatziki dressing)

Ingredients

1 1/2 pounds skirt steak
1 1/2 cups Newman's Own® Herb & Roasted Garlic Marinade
1 1/2 cups plain non-fat yogurt
1 clove garlic, minced
1/2 teaspoon paprika
2 tablespoons Newman's Own® Lighten Up® Light Lime Vinaigrette
1 large seedless cucumber, 1/2 grated for dressing, 1/2 cubed for salad
Pita breads or pockets, quartered
2 heads romaine lettuce, chopped
1/2 cup jarred roasted red peppers, chopped
1/2 cup halved Kalamata olives
1/2 red onion, thinly sliced
2 tomatoes, seeded and diced
1/2 cup crumbled feta cheese

Directions

Marinate steak with marinade for 30 minutes or longer. Heat indoor grill pan or outdoor grill over high heat.

Cucumber Lime Tzatziki dressing: In a bowl, stir together yogurt, garlic, paprika, lime vinaigrette and grated cucumber. Cover and chill.

Remove steak from marinade and discard marinade. Grill steak on one side until golden brown, about 3 to 4 minutes. Turn steak over and cook to medium-rare, about 3 to 4 minutes more. Let stand for 5 minutes then slice thinly against the grain. Brush pita triangles with olive oil then place on grill, watching closely, until golden brown.

In a large salad bowl toss lettuce, chopped cucumber, red peppers, olives, onion, tomatoes and feta. Divide salad evenly among plates, top with steak and pitas. Drizzle with dressing. Enjoy!

Steak, Onion, and Pepper Fajitas

Ingredients

1 1/2 pounds beef round steak
1/4 cup tequila
1/2 cup fresh lime juice
1/2 cup cooking oil
2 tablespoons liquid smoke
1 teaspoon Worcestershire sauce
1/4 teaspoon ground black pepper
1/2 teaspoon salt
3/4 teaspoon paprika
1/2 cup sliced onion
3/4 cup bell peppers, sliced into thin strips

Directions

Combine the steak, tequila, and lime juice in a plastic bag; marinate in the refrigerator for 2 hours. Discard the marinade.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill steak until no longer pink on the inside, about 8 minutes per side. Remove from grill and slice into 1/4-inch strips. Arrange strips on a serving plate.

Heat the oil in a skillet over medium heat. Add the liquid smoke, Worcestershire sauce, pepper, salt, and paprika to the oil and stir. When the mixture is hot, add the onions and peppers and cook until the peppers are tender. Pour the mixture over the steak strips and serve immediately.

Grilled Tuna Steaks with Grape and Caper Salsa

Ingredients

2 cups red seedless grapes,
halved
1/3 cup capers, drained and
rinsed
1 shallot, minced
2 tablespoons chopped fresh
parsley
1 tablespoon olive oil
salt and black pepper to taste
4 (8 ounce) tuna steaks
1/4 cup fresh lemon juice

Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Stir together grapes, capers, shallot, parsley, and olive oil in a bowl; season to taste with salt and pepper, and set aside. Place tuna steaks onto a plate, and brush with lemon juice. Season with salt and pepper to taste.

Cook tuna steaks on preheated grill until cooked to desired degree of doneness, 2 to 3 minutes per side for medium-rare. Serve with the grape and caper salsa.

Steak Continental

Ingredients

2 pounds round steak
1 clove garlic, quartered
2 teaspoons salt
1 1/2 tablespoons soy sauce
1 tablespoon tomato paste
1 tablespoon vegetable oil
1/2 teaspoon ground black pepper
1/2 teaspoon dried oregano

Directions

Remove fat from steak and score both sides by cutting 1/4 inch deep diagonal slices forming a diamond pattern.

Mash garlic with salt. Add soy sauce, tomato paste, oil, pepper and oregano. Mix well and rub into steak.

Wrap in waxed paper and let stand in refrigerator 5 to 6 hours, or overnight.

Broil or barbecue to desired degree of doneness.

Drunken Flat Iron Steak

Ingredients

1 (2 pound) flat iron steak
1/4 cup dry vermouth
1/4 cup sweet vermouth
2 1/2 tablespoons olive oil
1 tablespoon red pepper flakes

Directions

Place steak into a large resealable bag or shallow dish. Pour in the dry vermouth and sweet vermouth and stir to coat the steak. Seal or cover and refrigerate for 6 hours to marinate.

Heat the oil in a large skillet over medium heat. Remove steak from the bag and discard the marinade. Season the steak on both sides with red pepper flakes. Fry for 3 to 4 minutes per side for medium-rare, or to your desired degree of doneness. Let rest for a few minutes before serving.

Barbecued Round Steak

Ingredients

2 pounds beef round steak, 1 inch thick, cut into strips
2 tablespoons vegetable oil
1/2 cup tomato juice
1/2 cup ketchup
1/4 cup water
1/4 cup cider vinegar
2 tablespoons Worcestershire sauce
2 tablespoons brown sugar
2 teaspoons paprika
1 teaspoon salt
1 teaspoon ground mustard
1 garlic clove, minced
1/4 teaspoon chili powder
1/4 teaspoon pepper
4 teaspoons cornstarch
2 tablespoons cold water
Hot cooked rice

Directions

In a large skillet, brown beef in oil over medium-high heat; drain. In a bowl, combine the tomato juice, ketchup, water, vinegar, Worcestershire sauce, brown sugar and seasonings; pour over the beef. bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 2 hours or until the meat is tender.

Combine cornstarch and cold water until smooth; stir into meat mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve over rice if desired.

Teriyaki Flank Steak

Ingredients

1/2 cup wine
1/2 cup soy sauce
1/4 cup olive oil
1/4 cup brown sugar
1/4 cup grated fresh ginger root
2 cloves garlic, crushed
1 teaspoon ground black pepper
1 1/2 pounds beef flank steak

Directions

In a large resealable plastic bag, mix the wine, soy sauce, olive oil, brown sugar, ginger, garlic, and pepper. Place steak in the bag, seal, and refrigerate 8 hours, or overnight.

Preheat an outdoor grill for medium-high heat.

Remove steaks from the bag, and discard marinade. Place steaks on the grill and cook 6 to 8 minutes per side, to your desired degree of doneness. The internal temperature should be at least 145 degrees F (63 degrees C) for rare. Allow the steaks to sit about 5 minutes before slicing against the grain, and serving.

Gingered Flank Steak

Ingredients

1/2 cup reduced-sodium soy sauce
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon lemon juice
1/8 teaspoon minced fresh gingerroot
1 garlic clove, minced
1 (1 pound) beef flank steak

Directions

In a bowl, combine the first six ingredients. Pour half of the marinade into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for at least 8 hours or overnight. Cover and refrigerate remaining marinade.

Drain and discard marinade from steak. Grill steak, covered, over medium for 5-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F well-done, 170 degrees F), basting occasionally with the reserved marinade.

Pork Steak Burritos

Ingredients

1 tablespoon vegetable oil
5 pork steaks, cut into strips
1 (12 ounce) jar salsa
10 (8 inch) flour tortillas
1 (8 ounce) container sour cream
3 green onions, sliced

Directions

Heat the oil in a skillet over medium-high heat. Place pork in the skillet, and cook until evenly brown. Pour in the salsa, and continue cooking 5 minutes, until heated through.

Place tortillas 1 or 2 at a time on a microwave-safe dish. Cook in the microwave 1 minute on High, until warm. Place equal amounts of pork strips and salsa in the center of each warm tortilla, and roll. Top with sour cream and garnish with green onions to serve.

Kikkoman Chinese Pepper Steak

Ingredients

1 pound boneless beef sirloin or round steak
1 tablespoon Kikkoman Hoisin Sauce
2 tablespoons vegetable oil, divided
2 medium bell peppers, cut into 1-inch squares
2 medium onions, cut into 1-inch squares
1/4 cup Kikkoman Hoisin Sauce

Directions

Cut steak across grain into thin strips, then into 1-inch squares; coat with 1 Tbsp. hoisin sauce.

Heat 1 Tbsp. oil in hot wok or large skillet over high heat. Add beef and stir-fry about 1 minute; remove.

Heat remaining 1 Tbsp. oil in same pan. Add peppers and onions; stir-fry 5 minutes. Stir in beef and remaining 1/4 cup hoisin sauce; cook and stir just until beef and vegetables are coated with sauce. Serve immediately.

Montreal Steak Seasoned Mashed Potatoes

Ingredients

3 pounds red potatoes, cut into chunks
1/4 cup butter
2 ounces cream cheese, cut into pieces
1/4 cup milk
2 tablespoons bacon bits
1/2 cup shredded Colby-Monterey Jack cheese
2 tablespoons Montreal steak seasoning
1/2 teaspoon kosher salt, or to taste

Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain.

Mash the potatoes with a potato masher; mash in butter and cream cheese. Stir in milk, bacon bits, Colby-Jack cheese, and steak seasoning. Season to taste with salt.

Flank Steak with a Port Wine Marinade

Ingredients

1/2 cup lemon juice
3/4 cup orange juice
1/4 cup honey
3/4 cup olive oil
1 cup port wine
1 (2 inch) piece fresh ginger,
grated
5 cloves garlic, sliced
2 1/2 pounds flank steak

Directions

Whisk together the lemon juice, orange juice, honey, olive oil, port, ginger, and garlic in a large glass or ceramic bowl. Add the flank steak, and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator 1 hour to overnight.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Cook the steaks until they are browned on the outside and red in the center, about 3 minutes per side. An instant-read thermometer inserted into the center should read 125 degrees F (52 degrees C). Slice the steak thinly across the grain before serving.

Steak and Bacon Tournedos

Ingredients

1 1/2 pounds flank steak,
pounded to 1/2 inch thickness
unseasoned meat tenderizer to
taste
10 slices bacon, cooked, but still
soft
1/2 teaspoon freshly ground black
pepper to taste
1/2 teaspoon garlic powder
1/2 teaspoon seasoned salt
2 tablespoons chopped fresh
parsley

Directions

Preheat an outdoor grill for medium-high heat.

Score one side of the flank steak with diagonal cuts. Season meat on both sides with tenderizer, pepper, garlic powder, and salt; lay flat, scored side down. Sprinkle with parsley, and lay bacon strips lengthwise on steak, then roll up jellyroll style. Skewer with 8 evenly spaced wooden toothpicks. Form 8 steaks by cutting in between toothpicks with a serrated knife.

Place steaks on preheated grill. Cook for about 15 minutes, turning once, or to desired doneness.

Basil-Tomato Tuna Steaks

Ingredients

1 tablespoon olive or canola oil
4 (4 ounce) tuna or salmon steaks
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup loosely packed fresh basil leaves
1 medium tomato, chopped
1/4 cup shredded part-skim mozzarella cheese

Directions

In a large nonstick skillet, heat oil over medium heat. Add the tuna steaks; cook for 3 minutes on each side or until fish flakes easily with a fork. Transfer to a broiler pan. Sprinkle fish with salt and pepper. Cover with basil leaves. Top with tomato and cheese. Broil 4-6 in. from the heat for 2 minutes or until the cheese is melted.

Zippy Swiss Steak

Ingredients

1 large onion, chopped
2 garlic cloves, minced
4 tablespoons vegetable oil,
divided
1 (28 ounce) can diced tomatoes,
undrained
1 (4 ounce) can chopped green
chilies
2 teaspoons salt, divided
3 tablespoons all-purpose flour
Dash pepper
2 pounds boneless round steak (1
1/2-inch thick)

Directions

In a saucepan, saute onion and garlic in 2 tablespoons of oil. Add tomatoes, chilies and 1 teaspoon salt. Simmer, uncovered, for 20-25 minutes or until slightly thickened.

Meanwhile, in a shallow bowl, combine flour, pepper and remaining salt. Cut steak into serving-size pieces; dredge in flour mixture. In a skillet, brown steak on both sides in remaining oil. Transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish. Set aside half of the tomato mixture; pour remaining mixture over steak. Cover and bake at 325 degrees F for 2 hours or until meat is tender. Heat reserved tomato mixture and serve with steak.

Easy Japanese Steakhouse Soup

Ingredients

3 cups chicken stock
1 cup water
1 tablespoon minced fresh ginger root
1 clove garlic, minced
2 tablespoons soy sauce
2 skinless, boneless chicken breast halves - cubed
1/4 pound fresh snow peas, trimmed and halved
1 carrot, chopped
3 fresh mushrooms, sliced
2 green onions, chopped

Directions

Bring the chicken stock, water, ginger, garlic, and soy sauce to a simmer in a large pot over medium-high heat. Stir in the chicken, and return to a simmer. Reduce heat to medium-low, and continue simmering until the chicken is tender and no longer pink on the inside, about 15 minutes.

Stir in the snow peas and carrot, and simmer 5 minutes. Add the mushrooms, and continue simmering until the vegetables are tender, about 3 minutes. Stir in the green onions, and serve.

Poor Man's Pepper Steak

Ingredients

1 pound cube steak
salt and pepper to taste
all-purpose flour for dredging
2 tablespoons vegetable oil
1 medium onion, sliced
1 clove garlic, minced
1 green bell pepper, sliced
2 cups water

Directions

Preheat oven to 350 degrees F (175 degrees C).

Season the steak with salt and pepper to taste. Dredge in the flour and shake off the excess. Heat the oil in a frying pan over medium-high heat. Brown the steaks in the oil, then transfer to a large, shallow casserole dish. Sprinkle the garlic, onion, and green pepper over top, pour in water, and wrap with aluminum foil.

Bake in preheated oven until steak is tender and vegetables are soft, about 1 1/2 hours.

Easy and Quick Swiss Steak

Ingredients

1 tablespoon vegetable oil
2 cups all-purpose flour
salt and pepper to taste
paprika to taste
2 pounds beef cube steaks
3 green bell pepper, sliced into rings
3 red bell pepper, sliced into rings
4 onions, sliced into rings
4 (14.5 ounce) cans crushed tomatoes

Directions

Heat the oil in a skillet over medium heat. In a bowl, mix the flour, salt and pepper, and paprika. Dredge the steaks in the flour mixture, and place in the skillet. Brown steaks on both sides, and remove from heat.

In a slow cooker, alternate layers of steak, green bell pepper, red bell pepper, onion, and tomatoes.

Cover, and cook 6 to 8 hours on Low, until steaks are very tender.

Steakhouse Black Bread

Ingredients

1 1/3 cups strong brewed coffee,
room temperature
1/4 cup vegetable oil
1/4 cup dark molasses
2 tablespoons brown sugar
1 cup whole wheat flour
1 cup rye flour
2 cups bread flour
2 tablespoons unsweetened
cocoa powder
1 1/2 teaspoons salt
2 1/2 teaspoons active dry yeast
or bread machine yeast

Directions

Place all ingredients in bread machine pan in order suggested by manufacturer. Select Dough cycle. When the machine indicates the end of the final rise, remove the dough.

Preheat the oven to 375 degrees F (190 degrees C). Shape the dough into 12 dinner rolls, or one 9x5 inch loaf. Let rise until doubled in size while the oven preheats, they should rise quickly.

Bake for 20 minutes in the preheated oven for rolls, or 35 minutes for a loaf, or until the loaf sounds hollow when tapped on the bottom.

Braised Flank Steak with Lemon and Garlic

Ingredients

1/2 cup all-purpose flour
1/2 teaspoon garlic powder
salt and pepper to taste
1 (1 1/2-pound) beef flank steak
1 tablespoon cooking oil
1 (13.75 ounce) can chicken broth
2 teaspoons lemon juice
2 cloves garlic, minced
3 whole cloves

Directions

Mix the flour and garlic powder together in a shallow dish. Season with salt and pepper to taste. Dip the steak in the flour mixture evenly coating both sides. Set aside. Discard remaining flour mixture.

Heat the cooking oil in a skillet over medium-high heat. Place the steak in the skillet and cook until browned on both sides, about 5 minutes for each side. Stir in the chicken broth, lemon juice, garlic, and cloves. Bring the mixture to a boil over medium-high heat, then reduce heat to low. Cover, and simmer until steak is tender, about 1 1/2 hours.

To serve, remove steak from the skillet, and slice across the grain in thin strips. Place on serving plates, and ladle sauce over meat.

Herbed Chuck Steaks

Ingredients

1/3 cup red wine vinegar
1/3 cup water
1 tablespoon olive oil
1 tablespoon chopped fresh thyme
1/2 teaspoon white sugar
salt and pepper to taste
2 pounds beef chuck steaks, well trimmed

Directions

In a large bowl, combine the vinegar, water, oil, thyme, sugar and salt and pepper to taste. Add the steaks, mixing well, and let marinate in the refrigerator for 6 to 8 hours.

Prepare an outdoor grill with an oiled rack set 6 inches from the coals. On a gas grill, set heat to medium.

Remove steaks from the marinade and reserve the marinade. Grill 14 to 20 minutes for rare, 20 minutes for medium, or 26 minutes for well done, brushing with reserved marinade. Remove from grill and carve into thin slices.

Tropical Steak Sandwich

Ingredients

2 tablespoons olive oil
2 tablespoons rice wine vinegar
2 teaspoons minced garlic
2 teaspoons minced fresh ginger root
2 (6 ounce) filet mignon steaks
2 thin pineapple slices
3 tablespoons mayonnaise
2 tablespoons lowfat plain yogurt
2 tablespoons freshly squeezed orange juice
1/2 teaspoon ground coriander
1/2 teaspoon curry powder
4 thick slices (3/4 inch thick) sourdough bread
1 cup iceberg lettuce, shredded

Directions

Whisk together olive oil, vinegar, garlic, and ginger. Toss the steaks and pineapple in the marinade, and refrigerate for one hour. Meanwhile, whisk together mayonnaise, yogurt, orange juice, coriander, and curry powder in a separate bowl.

Preheat a grill for medium-high heat. Remove the steaks and pineapple from the marinade, and discard marinade.

Grill the filets and pineapple for about 5 minutes per side, or to desired doneness. Spread the mayonnaise mixture onto 2 slices of sourdough bread. Top with steaks, lettuce and remaining slices of bread.