



BEEF IT'S WHAT'S FOR DINNER®

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Chimichurri Beef Shoulder Steak



Ingredients:

- 1** beef chuck shoulder steak, cut 1-inch thick (about 1-1/4 pounds)

Marinade:

- 3/4** cup prepared Caesar dressing (not creamy)
1/2 cup fresh chopped parsley
3/4 teaspoon crushed red pepper
Salt and pepper

Instructions:

- 1.** Combine marinade ingredients in small bowl. Cover and refrigerate 1/3 cup. Place beef steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
- 2.** Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 16 to 20 minutes for medium rare to medium doneness, turning occasionally.
- 3.** Carve steak into thin slices. Season with salt and pepper, as desired. Serve with reserved marinade.

Makes 4 servings.

Nutrition information per serving: 260 calories; 17 g fat (4 g saturated fat; 3 g monounsaturated fat); 70 mg cholesterol; 353 mg sodium; 1 g carbohydrate; 0.2 g fiber; 24 g protein; 3.0 mg niacin; 0.2 mg vitamin B6; 2.6 mcg vitamin B12; 3.0 mg iron; 25.5 mcg selenium; 5.5 mg zinc.

Courtesy Cattlemen's Beef Board