

Grilled Salsa Steak Appetizer

Total Recipe Time: 35 to 40 minutes

Marinade Time: 15 minutes to 2 hours

- 2 beef shoulder top blade (flat iron) steaks (about 8 ounces each)
- 1 cup thick-and-chunky salsa, divided
- 2 tablespoons fresh cilantro
- 24 large corn tortilla chips
- 1/2 cup guacamole
- 24 fresh cilantro leaves (optional)



1. Place beefsteaks and ½-cup salsa in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Combine remaining ½-cup salsa and chopped cilantro, as desired; cover and refrigerate until ready to use.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Carve steaks into thin slices; cut slices into bite-size pieces. Arrange chips on platter. Top each chip evenly with reserved salsa mixture, beef and guacamole. Garnish with cilantro leaf, if desired. Serve immediately.

Makes 24 appetizer.

Cook's Tip: One pound beef top sirloin or top loin steaks, cut ¾ inch thick may be substituted for flat iron steaks. Grill top sirloin steak 13 to 16 minutes (over medium heat on preheated gas grill, covered, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill top loin steaks 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Nutrition information per serving, using flat iron steak: 59 calories; 3 g fat (1 g saturated fat; 1 g monounsaturated fat); 12 mg cholesterol; 134 mg sodium; 5 g carbohydrate; 0.6 g fiber; 4 g protein; 0.5 mg niacin; 0.1 mg vitamin B₆; 0.8 mcg vitamin B₁₂; 0.5 mg iron; 5.4 mcg selenium; 1.3 mg zinc.

This recipe is a good source of vitamin B₁₂.

Nutrition information per serving, using top loin steak: 55 calories; 2 g fat (1 g saturated fat; 0 g monounsaturated fat); 9 mg cholesterol; 132 mg sodium; 5 g carbohydrate; 0.6 g fiber; 5 g protein; 1.2 mg niacin; 0.1 mg vitamin B₆; 0.2 mcg vitamin B₁₂; 0.3 mg iron; 4.8 mcg selenium; 0.8 mg zinc.

This recipe is a good source of protein.

Nutrition information per serving, using top sirloin steak: 54 calories; 2 g fat (0 g saturated fat; 0 g monounsaturated fat); 8 mg cholesterol; 132 mg sodium; 5 g carbohydrate; 0.6 g fiber; 5 g protein; 1.2 mg niacin; 0.1 mg vitamin B₆; 0.2 mcg vitamin B₁₂; 0.4 mg iron; 5.1 mcg selenium; 0.8 mg zinc.

This recipe is a good source of protein.

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