

# BEER-MARINATED STEAK WITH GRILLED VEGGIES

*Low Carb / Diabetes Friendly, Lower Sodium*

*Serves: 1/2 of recipe*

## Nutrition (per serving)

Calories: 280

Total Carbohydrate: 10 g

Total Fat: 12 g

Dietary Fiber: 2 g

Saturated Fat: 4 g

Protein: 29 g

Sodium: 360 mg

## Ingredients

½ cup beer or ale

1 Tbsp plus 1 tsp balsamic vinegar

1 Tbsp molasses

1 Tbsp chopped fresh rosemary or 1 tsp dried

½ tsp Worcestershire sauce

2 cloves garlic, minced

¼ tsp salt, divided

Freshly ground pepper to taste



**OSF**  
HEALTHCARE

8 oz. flank, sirloin or flat-iron steak, trimmed  
2 Tbsp finely chopped shallot  
1 small red, yellow, orange or green bell pepper, seeded, cut into strips  
1 small zucchini or summer squash, cut into thick slices  
2 tsp olive oil

### Directions

1. Whisk beer, molasses, 1 Tbsp vinegar, rosemary, Worcestershire sauce, garlic, 1/8 tsp salt and pepper in small bowl. Place steak in zip-top plastic food bag. Pour in beer mixture. Seal bag. Refrigerate at least 2 hours or up to 12 hours.

2. Place a fine-meshed grill topper or grill basket on one side of grill. Preheat grill. Remove steak from marinade. Place marinade in small saucepan. Add shallot. Bring to a simmer over medium-high heat. Cook until syrupy and reduced to scant ¼ cup, 5-7 minutes. Keep warm.

Meanwhile, toss bell pepper and zucchini with oil and remaining 1/8 tsp salt. Lightly oil grill grate and grill topper (rub with oil-soaked crumpled paper towel). Place steak on grill grate. Arrange bell pepper and zucchini in single layer on grill topper. Cover grill and cook over medium-high heat until steak reaches desired doneness and vegetables are tender and lightly browned. Steak and vegetables will take about the same amount of time. Plan on 10-14 minutes to cook steak to medium-rare (140 degrees; temp will increase to 145 during resting); turn steak after 5 minutes. Place steak on clean cutting board. Let rest 5 minutes. Turn vegetables as needed and transfer to medium bowl as they are done. Toss vegetables with remaining 1 tsp vinegar. Cut steak across the grain into thin slices. Serve steak with grilled vegetables and sauce.