

# Fire Up The Grill With Lean Beef



(NAPSA)—Whether you're grilling a family meal or entertaining friends, lean beef is delicious and naturally nutrient-rich, so you can feel great about serving the beef you love during your next grilling outing.

Here are some easy steps for grilling lean beef:

• **Go Lean.** The United States Department of Agriculture (USDA) Nutrient Database indicates there are 29 cuts of beef that meet government guidelines for lean, including some of America's favorites such as flank steak, tenderloin and T-bone steaks.

• **Lose the Fat—Not the Flavor.** Combine 90 percent lean ground beef with soft bread crumbs and an egg white to keep burgers moist and flavorful.

• **Do You Umami?** Pair lean beef with umami-rich (meaty and savory) ingredients such as aged cheese, barbecue sauce or mushrooms for an added flavor punch.

The recipe below features nutrient-rich lean beef and is a complete package for better health: lean protein, essential vitamins and minerals and great taste. Mojo sauce is a classic combination of lime, garlic and oregano; it's also great with whole grilled steaks such as flank or top loin steaks. This recipe, and more than 130 lean beef recipes, is from "The Healthy Beef Cookbook" (Wiley, \$21.95), which is available where books are sold and at [www.BeeffItsWhatsForDinner.com](http://www.BeeffItsWhatsForDinner.com).

## Mojo Beef Kabobs

**Total preparation and cooking time: 40 minutes**

- 1 pound boneless beef top sirloin steak, cut 1 inch thick**
- 1 teaspoon coarse grind black pepper**
- 1 large lime, cut into 8 wedges**
- 1 small red onion, cut into 8 thin wedges**

- 1 container grape or cherry tomatoes (about 10 ounces)**

## Mojo Sauce:

- ½ cup fresh orange juice**
- ½ cup fresh lime juice**
- 3 tablespoons finely chopped fresh oregano**
- 3 tablespoons olive oil**
- 2 tablespoons finely chopped fresh parsley**
- 1 teaspoon ground cumin**
- 1 teaspoon minced garlic**
- ¾ teaspoon salt**

**1. Whisk Mojo Sauce ingredients in small bowl. Set aside.**

**2. Cut beef steak into 1½-inch pieces; season with pepper.**

**3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.**

**4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, 8 to 10 minutes for medium rare to medium doneness, turning occasionally.**

**5. Serve kabobs drizzled with sauce.**

**Makes 4 servings.**

Nutrition information per serving: 285 calories; 15 g fat (3 g saturated fat; 10 g monounsaturated fat); 50 mg cholesterol; 500 mg sodium; 10 g carbohydrate; 1.8 g fiber; 27 g protein; 8.2 mg niacin; 0.6 mg vitamin B6; 1.4 mcg vitamin B12; 2.6 mg iron; 31.9 mcg selenium; 5.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc and a good source of iron.

Recipe as seen in "The Healthy Beef Cookbook," published by John Wiley & Sons, Inc.