



Grilled Beef Steaks

SERVINGS 4



PREP TIME 20 min

COOK TIME 20 min

DIRECTIONS

1. Prepare the coals or a gas grill for direct heat. Heat to medium heat, which will take about 40 minutes for charcoal or about 10 minutes for a gas grill.
2. Cut outer edge of fat on steaks (except tenderloin steaks) diagonally at 1-inch intervals with a sharp knife. Do not cut into the meat because it will allow the juices to cook out and the beef will become dry.
3. Place the beef on the grill rack over medium heat. Cover the grill; cook 6 to 8 minutes for rib eye, 10 to 12 minutes for porterhouse and T-bone or 13 to 15 minutes for sirloin and tenderloin, turning beef once halfway through cooking, until an instant-read meat thermometer inserted in center of thickest part reads 145°F for medium-rare or 160°F for medium doneness. Sprinkle with salt and pepper.

INGREDIENTS

- 4 Beef steaks, about 3/4 inch thick
- 1 Teaspoon salt
- 1/4 Teaspoon pepper

For a pinch of

Seabra's
flavor...

Enjoy these grilled beef steaks sprinkled with salt and pepper that's ready in just 20 minutes.