

BEEF.
IT'S WHAT'S FOR DINNER.®

Grilling The Lean Beef Cuts You Love

Which lean cuts require minimal prep and which need a little more TLC?

Dry Rub or Flavor Marinade



93/7 Lean Ground Beef **LEAN**



Strip Steak **LEAN**



Tenderloin Steak **LEAN**



Top Sirloin **LEAN**

Tenderizing Marinade



Flank Steak **LEAN**



Top Round Steak **LEAN**

Marinade Quick Tips

There are two reasons you might want to use a marinade to add flavor or tenderize. While the two different types of marinades may contain similar ingredients, the key is the length of marinating time. If you're just looking to add flavor, you only need to marinate for 15 minutes to 2 hours. If you're looking to tenderize cuts, you'll want to marinate for 6 to 24 hours.

- Always marinate in the refrigerator, never at room temperature.
- Allow 1/4 to 1/2 cup of marinade for every pound of beef.
- Marinate in a food-safe plastic bag or in a non-reactive container such as glass or plastic. Turn or stir the beef occasionally to allow even exposure to the marinade.
- Before cooking, remove beef from marinade and pat dry with a paper towel to promote even browning and prevent steaming.
- If a marinade is to be used for basting or as a sauce, reserve a portion of it before adding to the beef. Marinade that has been in contact with uncooked meat must be brought to a full rolling boil for at least one minute before it can be used for basting or as a sauce.

Visit <https://tinyurl.com/rubandmarinaderecipes> for tantalizing marinade and robust rub recipes.



Rub Quick Tips

Rubs are seasoning blends applied to the surface of roasts, steaks and burgers. These quick mixtures add flavor to beef, but do not tenderize.

- Dry rubs consist of herbs, spices and other dry seasonings.
- Paste-type rubs, which are perfect for roasts, contain small amounts of wet ingredients, such as oil, crushed garlic or mustard.
- Rubs can be applied to beef just before cooking or up to 2 hours in advance and refrigerated until cooking time.
- Simply combine the ingredients and apply evenly to all surfaces. Cook beef to desired doneness.

Grilling Guidelines

Approximate Total Cooking Time for
Medium Rare (145°F) to Medium (160°F) minutes

Beef Cut	Weight/Thickness	Charcoal Grilling	Gas Grilling
Strip Steak, Boneless	3/4 inch 1 inch	7 to 10 11 to 14	7 to 10 11 to 15
Tenderloin Steak	3/4 inch 1 inch 1-1/2 inches*	7 to 10 10 to 14 14 to 18	7 to 10 11 to 15 16 to 20
Top Sirloin Steak, Boneless	3/4 inch 1 inch 1-1/2 inches*	7 to 11 11 to 15 22 to 26	8 to 13 13 to 16 24 to 30
Top Round Steak (tenderizing marinade)	3/4 inch 1 inch 1-1/2 inches	10 to 11 12 to 14 20 to 23	10 to 11 16 to 19 20 to 23
Flank Steak (tenderizing marinade)	1-1/2 to 2 pounds	11 to 16	16 to 21
93% Lean Ground Beef Patties Cook to medium (160°F) doneness	1/2 inch (4-oz each) 3/4 inch (6-oz each)	8 to 10 11 to 15	7 to 9 13 to 14

**Remove from grill when internal temperature(s) reaches 140°F for medium rare; 155°F for medium doneness. Let stand 5 minutes. Cooking over medium heat levels, whether you're oven roasting, grilling or pan roasting will help ensure a great eating experience.*

To find additional steak and ground beef cooking tips, recipes and nutrition information, please visit www.BeefItsWhatsForDinner.com



Funded by Beef Farmers and Ranchers