



Grilled T-Bone Steaks with BBQ Rub

Ingredients:

2 to 4 well-trimmed beef T-Bone or Porterhouse steaks, cut 1 inch thick (about 2 to 4 Prep Time: 6 hours to Overnight Grilling Time: 1 hour)
Salt

BBQ Rub:

2 tablespoons chili powder
2 tablespoons packed brown sugar
1 tablespoon ground cumin
2 teaspoons minced garlic
2 teaspoons cider vinegar
1 teaspoon Worcestershire sauce
1/4 teaspoon ground red pepper



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Directions:

1. Preheat grill to medium.
2. Combine rub ingredients
3. Press evenly onto beef steaks.
4. Place steaks on grid and grill, uncovered, 14 to 16 minutes for medium rare to medium doneness, turning occasionally.
5. Remove bones and carve steaks into slices, if desired.
6. Season with salt, as desired.
7. Serve.

Recipe and photo courtesy of The Beef Checkoff.

Makes: 4 servings.
Prep Time: 6 hours to Overnight
Grilling Time: 1 hour



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