
Steaks with Avocado-Chile sauce and Chili Barbecue Sauce

www.Publix.com

Servings: 4

Start to Finish Time: 25 minutes

NOTE: The doneness temperatures for medium rare and medium stated in the recipe are traditional temperatures used for cooking steak, but are not recommended by the USDA. To maintain food safety, the USDA recommends an internal temperature of 145 degrees, as measured using a food thermometer with a 3 minute rest time before serving.

1 tablespoon brown sugar

1 tablespoon garlic salt

4 teaspoons chili powder, divided

1 1/2 pounds boneless grilling steaks (New York strip, ribeye, tenderloin)

1/2 cup salsa verde

1/4 cup guacamole

1 cup sweet and spicy barbecue sauce

2 tablespoons chipotle pepper sauce

Preheat the grill (or grill pan) on medium-high.

In a bowl, combine the brown sugar, garlic salt and two teaspoons of the chili powder. Dredge the steaks into the mixture to coat (wash your hands).

Place the steaks on the grill. Grill for 3 to 4 minutes on each side until 125 degrees (for medium rare with a warm, red center) OR 130 degrees (for medium with a warm, pink center) OR up to 170 degrees (for well done). Remove the steaks from the grill and let stand for 5 minutes before slicing (the temperature will rise 5 to 10 degrees during this time).

In a bowl, combine the salsa verde and guacamole.

In a separate bowl, combine the barbecue sauce, chipotle sauce and remaining two teaspoons of chili powder.

Slice the steaks and serve with the sauces.

Beef, Grilled

Per Serving (excluding unknown items): 52 Calories; 3g Fat (41.7% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1677mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.