

Seasonal Eating

Grilled Beef with Steakhouse Tomato Salsa

Ideas for Using Fresh Produce

- 2 teaspoons whole grain mustard
- 3 teaspoons steak sauce (A-1 style)
- 2 teaspoons red wine
- 1 teaspoon Montreal steak seasoning
- 1/4 cup vegetable oil
- 30 -40 cherry tomatoes cut into quarters or 2-3 tomatoes, chopped
- 2 tablespoons finely chopped shallots
- 1 tablespoon chopped fresh Italian flat leaf parsley
- 1 1/2 teaspoons chopped fresh basil
- 1/2 teaspoon finely chopped rosemary
- 1 1/2 pounds beef flank steaks or Sirloin steaks
- Montreal steak seasoning



In a medium bowl, whisk together mustard, steak sauce, wine and steak seasoning. Slowly drizzle in the oil while whisking. Add the tomatoes and shallots. Marinate for at least 30 minutes, if longer place in refrigerator up to overnight. Sprinkle steaks with Montreal seasoning. Grill over high heat 4-5 minutes. Turn and grill until desired doneness, about 4-5 more minutes for medium rare. Let rest covered with foil for 5 minutes and then slice against the grain. Top slices with the tomato salsa (bring to room temperature if refrigerated).

Seasonal Kitchen Produce Pages
Bedford County Farmers Market
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(Click on Seasonal Eating under the Family Menu)



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