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A Few Steak Recipes

Here are a couple of steak recipes that have worked really well for me in the past. The first recipe is a simple Italian marinade that produces a ton of flavor, even in a cheaper cut of meat. I would recommend chuck steak or better for this, but you could even do it with round and it will come out pretty decent.

First, take your steak and pepper it heavily with meat tenderizer on both sides. Next take 2 forks and rapidly stab the piece of steak while holding a fork in each hand. After doing this, place the meat in your refrigerator for about 5 hours or so. This will really help with the tenderness later on. Get a plastic zip lock baggie that is just big enough to hold the piece of steak and then fill it with about one cup worth of Italian salad dressing. Pretty much any brand will work but you can experiment with buying different brands of dressing to get a better flavor. Now the key is that you should suck all of the air out of the plastic baggie so that the marinade is pressed up tightly against the meat as all of the extra air gets sucked out of the bag. Seal it up and throw it in the refrigerator overnight. That's it! Grill it up the next day and you will have a very tasty steak.

The other steak recipe that works well for me starts out much



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the same as above. Tenderize the meat with the forks and also with the tenderizer. Instead of using dressing though, slather the piece of meat with a mixture of Worcestershire sauce and A1 Bold and Spicy. Slather this mixture on both sides of the meat and then let it sit in your fridge overnight. Do not use A1 on the steak after it is cooked but instead use it as a marinade. For some added flavor you might add some hickory smoke flavoring to the meat while you are cooking it as well.

Learn more about steak recipes and Kansas city steaks.

Beef Stir Fry Recipes – Steak Stir Fry With Mushrooms and Tomatoes

This hearty recipe makes a good meal for a cool fall or winter day. Lean steak is mixed with mushrooms and tomatoes in a rich sauce. To round out the meal you can serve it with wild rice or egg noodles and dinner rolls.

To make this dish you'll need: dried porcini mushrooms, beef



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broth, balsamic or red wine vinegar, cornstarch, margarine, 1 pound of beef flank steak or boneless top sirloin – cut lengthwise into 2-inch wide strips and thinly sliced, salt, coarse ground black pepper, your favorite mushrooms – thinly sliced, plum tomatoes – thinly sliced and chopped fresh parsley.

In a medium bowl, soak the porcini mushrooms in 1 1/2 cups of boiling water for 20 minutes. Drain them and reserve 1/4 cup of the liquid. Set aside.

In a small bowl, combine the reserved mushroom liquid, 1/4 cups beef broth, 2 tablespoons of vinegar and 2 teaspoons of cornstarch. Blend thoroughly and set aside.

In a large skillet, melt 1 tablespoon of margarine over medium high heat. Add in the sliced beef strips, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring constantly, for 2 to 3 minutes or until the beef is brown. Remove beef from skillet and keep warm by covering it up.

In the same skillet, melt 1 tablespoon of margarine over medium heat. Add in the porcini mushrooms and your favorite mushrooms. Cook and stir mushrooms for 3 minutes.

Stir the mushroom broth mixture until smooth and add to skillet. Cook and stir until the sauce becomes thick and



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bubbly. Add in the warm beef and tomatoes. Cook some more until all is thoroughly heated. Sprinkle with fresh parsley and serve.

Makes 4 servings.

Bonus Recipe: Beef Fajitas Stir Fry

To make this dish you'll need: vegetable oil, 1/2 pound of boneless beef top sirloin steak – cut into 1-inch strips, cumin, 1 small onion – thinly sliced, 1 small red or green pepper – thinly sliced, 1 garlic clove – minced, lime juice, Worcestershire sauce, 4 flour tortillas – warmed, lime wedges, chunky salsa sauce and sour cream (optional).

In a medium sized skillet, heat 1 tablespoon of vegetable oil over medium high heat until hot. Add in beef strips and 1 teaspoon of cumin. Cook, stirring constantly, for 2 to 3 minutes or until the beef is brown. Remove meat from skillet and cover to keep warm.

In the same skillet, combine the sliced onion, sliced bell pepper, minced garlic, 1 tablespoon of lime juice and 2 teaspoons of Worcestershire sauce. Mix all well.

Cook, stirring constantly, for 4 to 6 minutes until vegetables are crisp and tender. Add beef to skillet and cook and stir until all is thoroughly heated.



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Place tortillas on plates and spoon 1/2 cup of the beef mixture onto each tortilla. Squeeze juice from lime wedges over beef filling. Top with the salsa and sour cream as desired. Fold up tortillas.

Makes 4 servings.

Are you trying to eat healthy? Consider taking a Japanese style lunch jar packed with nutritious goodies to school or to work with you.

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