

# Grilled T-Bone Steaks With Bbq Rub

This could be called beef at its best. A simple rub including chili powder, garlic and brown sugar adds that special touch.



## INGREDIENTS

2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 2 pounds)

2 tablespoons chile powder

2 tablespoons packed brown sugar

1 tablespoon ground cumin

2 teaspoons minced garlic

2 teaspoons apple cider vinegar

1 teaspoon Worcestershire sauce

1/4 teaspoon ground red pepper



25 Min



4  
Servings



42 Cal



36g  
Protein

## COOKING

1. Combine BBQ Rub ingredients; press evenly onto beef T-Bone Steaks.

2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Remove bones and carve steaks into slices, if desired. Season with salt, as desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		30g	120mg		10g	36g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com