# Mediterranean Grilled Chuck Roast With Garden Grilled Vegetables

Dive into this marinated, grilled chuck roast paired with flavors of the Mediterranean. Served with seasonal grilled vegetables.

20 Min | 4 Servings | 42 Cal | 25g Protein

## INGREDIENTS

1 beef Chuck Steak (about 1 pound)

2 teaspoons Mediterranean Spice Mix

2 zucchini, cut lengthwise

8 baby sweet bell peppers

1 teaspoon olive oil

2/3 cup balsamic vinegar

2/3 cup olive oil

1 Tablespoon Mediterranean spice mix

## COOKING

1. Combine marinade in a small bowl. Place beef Chuck Steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. In a medium size bowl toss zucchini & mini bell peppers with 1 teaspoon olive. Place vegetables on grid over medium heat. Grill 3 to 5 minutes on each side. Remove from grill and set aside. Once slightly cooled slice zucchini into 1/4inch slices and set aside.

3. Remove steak from marinade, discard marinade. Season each side of roast with 1/2 Tablespoon of spice mix. Place on grid over medium, ash-covered coals. Grill, covered, 3 to 4 minutes (over medium heat on preheated gas grill, 3 to 4 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

4. Remove from the grill and season with salt, as desired. Serve alongside grilled vegetables.

## NUTRITION

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| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | GLUTEN FREE | ALL NATURAL |
|---|---|---|---|---|---|---|---|---|
| 4 | | 29g | 72mg | | 17g | 25g | 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

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