

## Spicy Ribeyes with Ginger-Orange Grilled Carrots

**Total Recipe Time:** 30 to 40 minutes

2 beef Ribeye Steaks Bone-In, cut 1 inch thick (13 to 15 ounces each)  
6 large carrots (about 14 ounces), peeled and cut in half lengthwise, then in half crosswise  
1 tablespoon vegetable oil  
Salt  
1-1/2 to 2 tablespoons chile garlic sauce (Sriracha)  
1 teaspoon ground ginger  
2 tablespoons orange marmalade



1. Brush carrots with oil. Place steaks in center of grill grid over medium, ash-covered coals; arrange carrots around steaks. Grill steaks, covered, 9 to 13 minutes (over medium heat on preheated gas grill, 9 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness; turning occasionally. Grill carrots 8 to 11 minutes (for gas grill, times remain the same) or until crisp-tender, turning occasionally.
2. Meanwhile, combine chile garlic sauce and ginger in small bowl. Combine 2 teaspoons chile garlic sauce mixture and marmalade, reserving remaining mixture for brushing.
3. Combine hot carrots with marmalade mixture; tossing to coat evenly. Brush top of steaks with reserved chile garlic sauce mixture. Remove bones; carve steaks into slices. Season beef and carrots with salt, as desired. Serve beef with carrots.

**Makes 4 servings**

**Cook's Tip:** Chile garlic sauce, an Asian condiment, is commonly called Sriracha. It is made from red chillies, garlic and vinegar, and imparts a tangy, spicy heat to dishes. Chile garlic sauce is available in Asian markets and the Asian section of most supermarkets.

**Nutrition information per serving:** 286 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 92 mg cholesterol; 302 mg sodium; 17 g carbohydrate; 2.7 g fiber; 30 g protein; 12.8 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 2.3 mg iron; 35.6 mcg selenium; 5.7 mg zinc; 8.5 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of fiber and iron.

Recipe Photo Options

[Low Resolution .jpg](#)

[High Resolution .tif](#)