

Tangy Lime Grilled Top Round Steak

Total Recipe Time: 20 to 25 minutes

Marinade Time: 6 hours or overnight

- 1 beef Top Round Steak, cut 3/4 inch thick (about 1 pound)
- 1/4 cup fresh lime juice
- 2 tablespoons brown sugar
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 3 large cloves garlic, crushed



1. Combine lime juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
3. Carve steak into thin slices. Season with salt and pepper, as desired.

Makes 4 servings

Cook's Tip: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)

Nutrition information per serving: 205 calories; 8 g fat (2 g saturated fat; 3 g monounsaturated fat); 61 mg cholesterol; 58 mg sodium; 5 g carbohydrate; 0.1 g fiber; 27 g protein; 4.9 mg niacin; 0.4 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 2.5 mg iron; 31.2 mcg selenium; 4.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

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