

# How to Batch Cook Steak

## Why Batch Cook Steak?

Save time and money, while getting a nutritious, balanced meal on the table for you family, keeping them strong and focused for everyday success. Just grill up your desired amount of steak and enjoy pre-planned meals for the next few days.

## Flavor Inspiration



Four-Seasons Beef & Brussel Sprout Salad

Funded by The Beef Checkoff

Visit [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com) for more tips and full recipes.

1

### CHOOSE YOUR CUT

Cuts matter! Many cuts of beef are perfect for delicious and nutritious grilling. And all steak cuts contain essential nutrients like zinc, iron and protein to power healthy, active lifestyles. Some of the best cuts for grilling include:



Top Sirloin  
Steak

Strip  
Steak

Flank  
Steak

2

### PREPARE YOUR BEEF\*

Fire up the grill (gas or charcoal) to medium heat. Remove beef from refrigerator and season with herbs or seasonings of your choice. Remember to marinate less tender cuts of beef, like Flank Steak, prior to grilling, for 6 to 24 hours.

3

### COOK YOUR BEEF

Place steaks on the grill and cook, covered, turning occasionally with tongs until cooked to medium rare (145°F) to medium (160°F) doneness. To determine the internal temperature, insert an instant-read thermometer horizontally into the thickest part of the steak. Once finished, let the steaks rest for five minutes before slicing to allow those tasty juices to redistribute. Season beef with salt, if desired.

4

### ASSEMBLE YOUR MEALS

Once your steaks have rested, slice against the grain and portion into 3-oz. servings (a sensible 3-oz. portion, about the size of a computer mouse, has about 25 grams of protein). Transfer to reusable storage containers and add your choice of ½ cup of starchy vegetable or whole grain side dish, like sweet potato, quinoa or brown rice, and 1 cup of your favorite vegetable, such as broccoli, asparagus or green beans. Seal your containers and place in the fridge for convenient, balanced and nutritious meals on the go. Make sure to consume your batch cooked steak within 3 to 4 days.



Funded by Beef Farmers and Ranchers