

Balsamic-Marinated Sirloin and Asparagus

SOURCE: <http://www.txbeef.org>

Prep: 15 minutes Refrigerate: 15 minutes-2 hours Cook: 20 minutes

INGREDIENTS:

1 boneless beef top sirloin steak, cut 1" thick (about 1.25 lbs)
1 lb fresh asparagus, trimmed
1/4 C balsamic vinegar
2 TBS olive oil
1 TBS chopped fresh basil
1.5 tsp Dijon-style mustard
1 clove garlic, crushed
1/2 tsp sugar
1/2 tsp salt
1/8 tsp pepper

DIRECTIONS:

In small bowl, combine vinegar, oil, basil, mustard, garlic + sugar to make marinade - place steak + 1/3 C of marinade in a re-sealable plastic bag. Close bag securely, turn to coat steak - marinate in refrigerator 15 minutes-2 hours, turning occasionally - cover/refrigerate remaining marinade.

Meanwhile, bring 1" of water to boil in large skillet. Add asparagus - reduce heat to medium-low – cover/cook 2-3 minutes or till asparagus is just crisp-tender. Drain - combine with reserved marinade tossing to coat.

Remove steak from marinade - discard used marinade - grill over medium heat or medium coals, uncovered (16-20 minutes for medium rare [145°F] to medium [160°F]) turning once. During last 3 minutes of grilling, arrange asparagus on grill around steak - grill 3 minutes, turning once - season steak + asparagus with salt and pepper. Carve steak crosswise into slices and serve with asparagus.

Serves: 4

To microwave asparagus: place asparagus + 1/2 C water in shallow, microwave-safe dish – cover/microwave on HIGH 5-6 minutes or till crisp-tender. Drain.