Louisiana Harvest of the Month

Grilled Beef Bites

Home Recipe

Serves: 4
Prep time: 10 minutes
Cook time: 12 minutes
Marinade time: 2 hours
(or 30min at room temperature)

Ingredients

- 1 ½ lbs. beef tri-tip, top round, or sirloin, trimmed of excess fat and cut into 1-inch cubes
- ¼ cup olive oil
- 2 Tbsp honey
- 2 Tbsp minced garlic (about 4 large cloves)
- 2 Tbsp red wine vinegar
- 2 Tbsp Worcestershire sauce
- 1 Tbsp Dijon mustard
- 1 tsp kosher salt, plus more for serving
- ½ tsp black pepper

Nutrition Facts

4 Servings Per Container

Serving Size	**6 oz (185g)**
Amount Per Serving	
Calories	**450**
	% Daily Value *
Total Fat 22g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 120mg	**41%**
Sodium 850mg	**37%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**1%**
Total Sugars 10g	
Includes 9g Added Sugars	**17%**
Protein 49g	
Vitamin D 0.1mcg	0%
Calcium 20mg	2%
Iron 5.1mg	30%
Potassium 550mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Pat the beef dry with paper towels, then place it in a large baking dish or resealable plastic bag.
2) In a small bowl, whisk together the olive oil, honey, garlic, vinegar, Worcestershire, mustard, salt, and pepper. Pour the marinade over the beef and turn to coat. Cover the baking dish with plastic wrap (or seal the bag). Refrigerate for at least 2 hours or marinate at room temperature for 30 minutes.
3) When ready, preheat the grill to medium-high heat.
4) Brush excess marinade off the beef cubes and place them on the grill. Cook for 4 to 6 minutes per side with grill lid closed, until medium-rare. Avoid overcooking.
5) Transfer the meat to a plate, sprinkle with salt, and let rest for 10 minutes before serving.

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