

Beef, Grilled

Grilled Fajita Rolled Steak

Crystal Jo Bruns - Iliff, CO

Simple&Delicious Magazine - April/ May 2012

Servings: 4

Preparation Time: 20 minutes

Grill Time: 20 minutes

1 (1-in thick & 1 pound) beef sirloin tip steak

1 cup chipotle marinade

1 package (14 oz) frozen pepper strips

1 tablespoon canola oil

2 ounces cream cheese, softened

Flatten the steak to 1/4-inch thickness. Pour the marinade into a large resealable plastic bag. Add the steak. Seal the bag and turn to coat. Refrigerate for four hours or overnight, turning occasionally.

In a large skillet, saute' the pepper strips in oil until tender. Remove from the heat. .

Drain and discard the marinade from the steak

Spread the cream cheese over the steak to within one inch of the edges. Top with half of the peppers. Roll up jelly-roll style, starting with a long side. Tie with kitchen string.

Preheat the grill to medium.

Grill the steak, covered, for 20 to 25 minutes or until the meat reaches desired doneness (for medium-rare, a thermometer should read 145 degrees; medium, 160 degrees; well-done, 170 degrees), turning occasionally. Let stand for 10 minutes before slicing. Discard the toothpicks.

Serve with the remaining pepper strips.

Per Serving (excluding unknown items): 80 Calories; 8g Fat (92.8% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 42mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Fat.