



# Heat Up Summer with CHB Recipes

“CHB Bites” is a column designed to keep you in-the-know about the Certified Hereford Beef® (CHB) program. To get involved with CHB on social media, search *Certified Hereford Beef* on Facebook and Pinterest, @certifiedherefordbeef on Instagram and @crtherefordbeef on Twitter.



## Garden Herb Strip Steaks

### Ingredients:

2 *Certified Hereford Beef* strip steaks  
(about 10 ounces each)

Salt

Seasoning:

- 2 tablespoons chopped fresh thyme
- 1 tablespoon chopped fresh oregano
- 2 teaspoons freshly grated lemon peel
- 3 cloves garlic, chopped
- ¼ teaspoon pepper

### Instructions:

- 1) Combine seasoning ingredients in small bowl; reserve 2 teaspoons for garnish. Press remaining seasoning evenly onto beef steaks.
- 2) Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness; turning occasionally.
- 3) Carve steaks into slices. Sprinkle with reserved seasoning and salt, as desired.

## Grilled Beef and Vegetable Kabobs

### Ingredients:

- 3 *Certified Hereford Beef* ribeye or strip steaks, cut into 1-inch thick cubes
  - 6 small red potatoes, cut in half (about 1½ to 2 ounces each)
  - 2 tablespoons finely chopped fresh oregano
  - 1 tablespoon minced garlic
  - ½ teaspoon ground red pepper
  - 2 tablespoons butter, melted
  - 2 medium zucchini and/or yellow squash, cut into 1-inch slices
  - 1 package grape tomatoes
- Salt and pepper



### Instructions:

- 1) Place potatoes in 2-quart microwave-safe dish. Cover and microwave on high 2 to 3 minutes or until just tender, stirring once. Cool slightly.
- 2) Meanwhile, combine oregano, garlic and red pepper in small bowl; reserve half for vegetables. Coat steak cubes in remaining seasoning mixture.
- 3) Alternately thread vegetables and beef onto six 8-inch metal skewers.
- 4) Place kabobs on grill over medium, ash-covered coals; brush kabobs with half of seasoned butter. Grill kabobs, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- 5) Remove from heat and enjoy.

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## Helpful Hereford Tip

Preheat your grill 15 to 25 minutes before you begin grilling to make sure it reaches the right temperature.

| For more information about Certified Hereford Beef, visit [CertifiedHerefordBeef.com](http://CertifiedHerefordBeef.com) or email [info@herefordbeef.org](mailto:info@herefordbeef.org).