

ROSEMARY AND PEPPER RUBBED RIB EYE

INGREDIENTS

- 1 tbsp. finely chopped fresh rosemary leaves, plus more for garnish
 - 1 tbsp. finely chopped fresh thyme leaves
 - 2 tbsp. minced garlic
 - 1 tsp. coarsely-ground black pepper
 - 1-1/2 tsp. kosher salt
 - Canola oil for searing
 - Six 6-ounce rib-eye steaks
 - 3 tbsp. Dijon mustard
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PREPARATION

Prep/Cook time: 5 minutes to make the rub and 10 minutes to cook for medium rare meat.

Difficulty: Easy

Serves: 6

Heat an outdoor grill on high heat.

Rub: In a small bowl, mix together the rosemary, thyme, garlic, black pepper and salt. Set aside.

Sear-Roast Steak: Brush grill with canola oil. Sear the filets until browned, approximately 2-3 minutes per side. Transfer the filets to a sheet pan. Brush mustard on both sides of meat and sprinkle each side with the herb mixture. Transfer back to grates and close the grill. Cook until fully done, about 5 more minutes turning once. Cook until internal temperature reaches 125°F, for rare meat. For medium, roast to 135°F and for well done, roast to 145°F.

Serve: Serve beef with a sprig of rosemary.

For kids:

- For the rub, use salt, garlic and mustard (no herbs or pepper). Or if this is too adventurous, just use salt.

For leftovers made with the rub/marinade:

- One of my favorite snacks is cold steak on crackers.
- You can make a steak sandwich or steak tacos.
- Make a steak salad using red leaf or butter lettuce and add avocado, tomato and onions.

Simple substitutions:

- Most people can access these ingredients (or even grow them in their garden).
- But if rosemary is hard to find, you can use fresh oregano instead.

Recipe created by Parties That Cook® www.PartiesThatCook.com

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