



SERVING UP

Savings!

weis

SERVES 4 for \$3
PER SERVING

Grilled Herb Mustard Steaks

KEY INGREDIENT SHOPPING LIST

1 lb Steak House Angus Eye Round Steaks ..	\$3.29
1 Fresh green bell pepper	45¢
1 Fresh red bell pepper	65¢
1 Fresh Vidalia onion	\$1.00
1 (8-ounce) package whole white mushrooms.....	\$1.50
2 Fresh lemons.....	52¢
1 Bulb fresh garlic	24¢
1 (12-ounce) bottle Weis Quality Dijon Mustard	\$1.50
1 (1-ounce) jar Spice Classics® Italian Seasoning	\$1.19
*Metal skewers	

PRICES EFFECTIVE 7-2-09 THROUGH 7-8-09

INSTRUCTIONS:

1 lb Steak House Angus Eye Round Steaks
Bell peppers (cut into 1-inch pieces)
Vidalia onion (cut into 1-inch pieces)
Mushrooms (cut in half)
Lemons (cut into wedges)

Herb Mustard:

4 teaspoons water
4 large cloves garlic, crushed
4 tablespoons Dijon mustard
4 teaspoons Spice Classics® Italian Seasoning
1 teaspoon pepper
2 tablespoons olive oil

In a glass measuring cup, combine garlic and water; microwave on HIGH for 30 seconds. Stir in remaining mustard ingredients. Spread half of herb mustard seasoning mix onto both sides of steaks.

Alternately thread vegetables onto 4 8-inch metal skewers.

Place steaks and kabobs on grill over medium ash-covered coals. Brush vegetables with seasoning mix.

Grill steaks, uncovered, for 12 to 14 minutes, turning occasionally. Grill kabobs, uncovered, for 10 minutes, turning once and brushing with remaining seasoning mix.

Season steaks with salt, as desired. Carve steaks crosswise into thick slices.

Source: BeefItsWhatsForDinner.com

