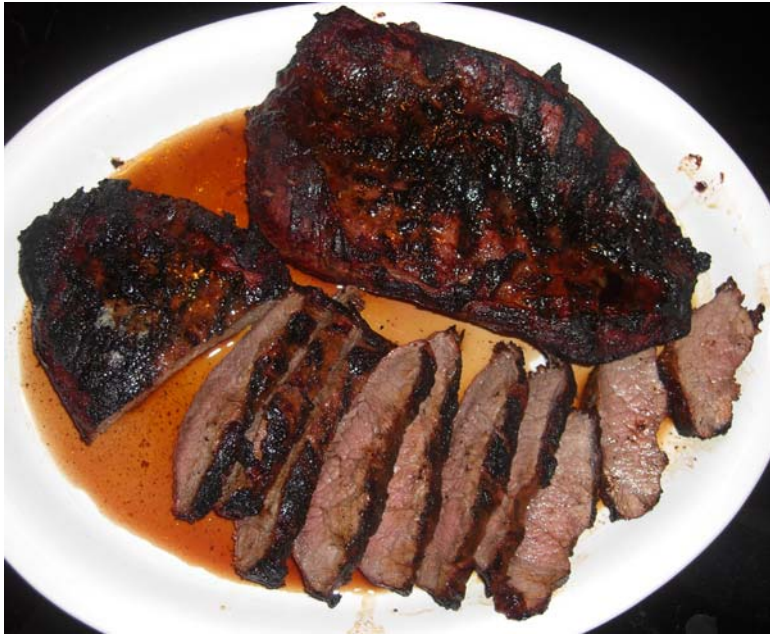


Cooking with Johni.com



BEEF CHUCK FLAT IRON STEAK WITH SOUTHWEST RUB

(Serves 4)

1½ lb. flat iron steaks

SOUTHWEST RUB:

1 T. olive oil

2 T. chili powder

2 T. packed brown sugar

1 T. ground cumin

2 t. minced garlic

2 t. cider vinegar

2 t. Worcestershire sauce

¼ t. chipotle chili pepper

Combine all ingredients in small bowl. Makes about ¼ cup.
Press rub evenly onto tender beef steaks before grilling.
Barbecue for 6 minutes on each side on medium-high heat.
Turn occasionally to avoid burning.
Refrigerate any leftovers.