

## Grilled Adobo Steak with Corn and Tomato Relish



### INGREDIENTS (Serves 4)

1 ¼ pound flank steak  
(or 4 6-ounce portions of ribeye  
or sirloin steak)

#### Marinade

4 cloves fresh garlic  
2 chipotle peppers in Adobo  
sauce (canned)  
¼ cup apple cider vinegar  
½ teaspoon cumin, ground  
1 tablespoon fresh thyme  
(or ½ teaspoon dried thyme)  
1 cup honey  
½ cup brown sugar

#### Relish

2 cups frozen or canned corn  
1 tomato, diced  
1 chipotle pepper in adobo,  
diced (from can used in  
marinade)  
½ cup olive oil  
½ cup apple cider vinegar  
1 tablespoon fresh garlic,  
minced  
1 teaspoon fresh thyme,  
chopped

### PREPARATION

1. Combine all marinade ingredients into a food processor or blender and puree.
2. In a bowl or plastic bag, pour half the marinade over the beef and let marinate at least 30 minutes, turning often.
3. Over a medium hot grill, cook steak to desired doneness (about 145 degrees F for medium rare), brushing on additional marinade while cooking.
4. Combine all relish ingredients and season with salt and pepper to taste.
5. To serve, remove the steak from the grill and let it rest 5 minutes. Slice it thin and serve it topped with the tomato corn relish, or open faced on grilled sourdough bread.

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## SHOPPING LIST

### Produce

Fresh garlic  
Fresh thyme  
Tomato

### Meat/Poultry/Seafood

1¼ pound flank steak (or 4 6-ounce portions of ribeye or sirloin steak)

### Refrigerated/Frozen

1 bag frozen corn

### Grocery

1 can chipotle peppers in Adobo sauce  
Apple cider vinegar  
Honey  
Brown sugar  
Olive oil

## SERVING SUGGESTION

Goes great with corn on the cob and a creamy cucumber salad.

## NUTRITIONAL INFORMATION

Per Serving: 773 calories, 21 g fat, 95 mg cholesterol, 106 g carbohydrates, 3 g dietary fiber, 30 g protein, 213 mg sodium

*The nutritional values and information provided are approximations.*

### *This Rush Hour Recipe courtesy of:*

Caden Rocker, Middlebury Natural Foods, Middlebury, Vermont

