



Herbed Grass-Fed Ribeye Steaks

Active Time: 20 minutes | Total Time: 45 minutes | Serves: 4

Nutrition Information Per Serving

318.7 calories, 0.51 g carbohydrate, 0.25 g fiber, 0.26 g NET carbs, 20.39 g protein, 26.29 g fat

Ingredients

- 1/2 tsp(s) organic dried thyme
- 1 Tbsp avocado oil
- 16 ounce(s) grass-fed beef ribeye steak (bone-in)
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) organic dried rosemary
- 1/2 tsp(s) organic dried oregano
- 1 tsp freshly ground black pepper

Preparation

1. In a mini food processor or spice grinder, add the dried thyme, rosemary and oregano. Blend to a powder.
2. Dust the steak with the powdered herbs, cover with plastic wrap and refrigerate for 20 minutes or more (NOTE: It's preferable to marinate overnight).
3. Light a grill or preheat a grill pan to medium-high heat.
4. Drizzle the steak with oil and season with salt and pepper.
5. Grill the steak for 4 minutes on the first side; flip and cook to desired temperature.
6. Transfer the steak to a carving board to rest for 15 minutes.
7. Working from both sides and using a sharp knife, slice the steaks against the grain.
8. Arrange the slices on a platter and serve.

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