



Herb-Rubbed Grass-Fed Ribeye Steaks

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

Nutrition Information Per Serving

323.2 calories, 1.5 g carbohydrate, 0.31 g fiber, 1.19 g NET carbs, 20.58 g protein, 26.31 g fat

Ingredients

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

Preparation

1. In a mini food processor or spice grinder, add the dried thyme, rosemary and oregano. Blend to a powder.
2. On a work surface, rub the minced garlic cloves all over the steak.
3. 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).
4. Light a grill or preheat a grill pan to medium-high heat.
5. Drizzle the steak with oil and season with salt and pepper.
6. Grill the steak for 4 minutes on the first side; flip and cook to desired temperature.
7. Transfer the steak to a carving board to rest for 15 minutes.
8. Working from both sides and using a sharp knife, slice the steaks against the grain.
9. Arrange the slices on a platter and serve.

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