

Clete McLeod's Beef Ribeye Steak

Clete McLeod - University of South Dakota Head Strength and Conditioning Coach

INGREDIENTS

1-2 Beef Ribeye Steak boneless (Thick Cut)

Rub:

1 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon pepper

COOKING:

1. Combine Rub ingredients; press evenly onto beef Ribeye Steaks.
2. Place steak(s) on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill according to the chart for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Let steak rest for 5-10 minutes after it comes off the grill to lock in all the tasty juices.