



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

BIG Basted Beef Medallions

Think thick. Use a thick cut steak such as individually-sized Beef Medallions for the best beef on the grill. Both Grilling and Marinating Beef Medallion varieties are available. The leanest options include: Top Sirloin, Sirloin, Inside and Outside Round and Cross Rib. Another great protein packed recipe.

- 1 cup (250 mL) BBQ Sauce, Original or Bold
- 1 tbsp (15 mL) Dijon mustard
- 2 lb (1 kg) Sterling Silver Beef Top Sirloin Grilling Medallions, 1-1/2-inch (4 cm) thick
- Salt and pepper
- 2 cloves garlic, minced
- 2 green onions, thinly sliced

Combine BBQ sauce, garlic, Dijon and green onions in small bowl. Remove 1/2 cup (125 mL) for dipping and set aside.

Season Medallions all over with salt and pepper to taste. Grill in closed barbecue over medium-high heat for 6 to 7 minutes.

Turn Medallions; brush each all over with some basting sauce and grill an additional 6 to 7 minutes for medium-rare (digital instant-read thermometer inserted into centre of each Medallion reads 140°F/60°C). Turn and brush each with more basting sauce. Transfer to cutting board; cover loosely with foil and let stand for 5 minutes before serving with reserved sauce for dipping.

Cook's Notes: If using Marinating Medallions, pierce meat all over and marinate in half the basting sauce for 8 to 12 hours in the fridge. Discard marinade.



Per Serving: (160 Calories, 26 g protein, 4 g fat, 3 g carbohydrate Good source of iron (22% DV) and excellent source of zinc (57% DV), 11% DV sodium.)

[Recipe Courtesy Canada Beef](#)

Manitoba Beef Producers Take Pride In Their Practices

For Manitoba's 7,000 beef producing families, caring for the land is what they do 365 days a year. Sustaining the land is essential for their business to survive. Many cattle producers develop environmental farm plans that help them utilize good management practices reducing the environmental footprint of Canadian agriculture.

Some of the beneficial initiatives producers have implemented include rotational grazing and native grass seeding. This allows producers to keep a healthy stand of grass and ensure the health of the land. They maintain biodiversity and wildlife habitat on grasslands and prevent erosion on susceptible parts of cultivated land. Beef producers create buffer zones around bodies of water like ponds and creeks which sustain populations of wildlife. Many also use solar powered water pumps to provide water for their cattle and to protect their water supplies.



If You Can't Play Like An Athlete You Can Still Eat Like One!

