

Barbecued T-Bones



PREPARATION TIME
10 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
baked potatoes



SHOPPING LIST

- bell pepper • T-bone steaks

ON HAND

- vinegar • ketchup • onion
- Worcestershire sauce • sugar
- salt • pepper

**MONEY
Cook's
SAVER.**

Instead of the T-bone steaks, stretch your food dollar by selecting 5-ounce portions of sirloin. Supplement the meat with lots of grilled vegetables and plenty of rice or potatoes.

INGREDIENTS

- 1/4 cup vinegar
- 1/2 cup ketchup
- 1/2 cup water
- 1/4 cup minced onion
- 1/4 cup minced green bell pepper
- 2 teaspoons Worcestershire sauce
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon pepper
- 6 T-bone steaks (8 ounces each)

SERVES **6**

COOKIN' *Xpress*

- To save a little time, you can use 1 tablespoon dried onion flakes in place of the minced onion.

Make Ahead

You can prepare the sauce up to 4 days ahead. Refrigerate until ready to use. Try it on grilled or broiled chicken, too.

◆ VARIATION

For a spicy twist, add 2 drops of hot pepper sauce. Or, chop and add a jalapeño along with the bell pepper.

- 1** Preheat grill or broiler. Combine vinegar, ketchup, water, onion, bell pepper, Worcestershire sauce, sugar, salt and pepper in a small saucepan.



- 2** Bring sauce to a boil over medium-high heat; boil for 5 minutes, stirring occasionally.

- 3** Grill or broil steaks, turning once and basting frequently with sauce, for 5 minutes on each side for medium-rare.



- 4** Place steaks on a platter. Transfer remaining sauce to a small bowl. Serve steaks with extra sauce.