



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Moroccan-Rubbed Grilled Steak and Sweet Potatoes

Prep Time: 25 mins

Cook Time: 10 mins

Total Time: 35 mins

Ingredients

- 1 teaspoon allspice, ground
- 1 teaspoon cumin, ground
- 1 teaspoon ginger, ground
- 1 teaspoon salt, Kosher
- 1/2 teaspoon cinnamon, ground
- 1/2 teaspoon coriander, ground
- 1/2 teaspoon pepper, cayenne
- 1 pounds beef, short loin, strip steak, trimmed of visible fat and cut into 4 portions
- 2 medium potato(es), sweet, (about 1 pound total), peeled and very thinly sliced
- 1 medium onion(s), red, halved and very thinly sliced
- 4 teaspoon oil, canola
- 1 teaspoon orange peel (zest), grated, freshly grated



Preparation

1. Preheat grill to high.
2. Combine allspice, cumin, ginger, salt, cinnamon, coriander and cayenne in a small bowl. Sprinkle steaks with 4 1/2 teaspoons of the spice mixture. Toss sweet potatoes and onion with canola oil, orange zest and the remaining spice mixture.
3. To make a packet, lay 2 24-inch sheets of foil on top of each other (the double layers will help protect the ingredients from burning); generously coat the top piece with cooking spray. Spread half of the sweet potato mixture in the center of the foil in a thin layer. Bring the short ends of foil together, fold over and pinch to seal. Pinch the seams together along the sides to seal the packet. Repeat with two more sheets of foil and the remaining sweet potato mixture.
4. Place the packets on the hottest part of the grill and cook, switching the packets' positions on the grill halfway through cooking, 5 minutes per side. Place the steaks in the front or back and cook, turning once, about 3 to 4 minutes per side for medium-rare. Transfer the steaks to plates and let rest while the packets finish cooking. Open the packets (be careful of steam) and serve alongside the steaks.