



SMOKY T-BONES WITH CHUNKY BBQ SAUCE



Total Recipe Time: 1 hour

2 T-Bone or Porterhouse steaks, cut 1-1/2 inches thick (about 2 pounds)
Wood chip foil packet (see cook's tip)
2 tablespoons packed brown sugar
1 tablespoon steak seasoning blend
1 tablespoon chili powder
Salt

Chunky BBQ Sauce:

1/4 cup drained canned pineapple chunks, coarsely chopped
1/4 cup chopped red onion
1 tablespoon packed brown sugar
1-1/2 teaspoons balsamic vinegar
1/2 cup mild barbecue sauce

1. Combine pineapple, onion, 1 tablespoon brown sugar and vinegar in small saucepan. Cook over high heat 2 to 3 minutes or until liquid is syrupy, stirring occasionally. Reduce heat to medium; add barbecue sauce. Cook and stir about 1 minute or until heated through. Set aside.
2. Combine 2 tablespoons brown sugar, steak seasoning and chili powder in small bowl; press evenly onto beef steaks.
3. Place wood chip foil packet on one side of grill directly on medium, ash-covered coals. Place cooking grid over coals. Place steaks in center of grid, not directly over foil packet. Grill, covered, 20 to 24 minutes for medium rare to medium doneness, turning occasionally. Carve steaks across the grain into thin slices and season with salt, as desired. Serve with Chunky BBQ Sauce.

Makes 4 servings.

Cook's Tip: To make wood chip foil packet, tear 12 x 12-inch square of heavy-duty (or double layer of regular) aluminum foil. Place 1 cup dry hickory wood chips onto center of foil. Seal packet, by bringing the two of the ends together above the chips; fold down in a series of 2 to 3 tightly sealed folds. Fold the short ends up and over 2 to 3 times, pressing firmly to seal at each fold. Using fork, pierce top of packet several times.

Nutrition information per serving: 295 calories; 11 g fat (4 g saturated fat; 5 g monounsaturated fat); 18 mg cholesterol; 869 mg sodium; 61 g carbohydrate; 1 g fiber; 3 g protein; 5.4 mg niacin; 0.5 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.7 mg iron; 11.3 mcg selenium; 5.6 mg zinc.