Grill Once
Endless Possibilities

Marinade
- 5 cloves garlic, pureed
- 1/3 cup soy sauce (If you're watching your sodium, you can use reduced sodium soy sauce)
- 1/3 cup red wine vinegar
- 1/2 cup olive oil

Grilling
- Start with a clean grill that is heated 400 degrees.
- Trim excess fat from meats to avoid flare-ups while grilling.
- Grilling at medium to medium-low temperatures ensures even cooking. If the temperature is too high, beef can char and become overcooked on the outside before the interior reaches the desired doneness.
- Using a meat thermometer you want to check for desired doneness. For best results, use an instant-read thermometer. For steaks and burgers, insert the thermometer horizontally into the side (not the top) to check the internal temperature.
- Cook burgers to at least 160°F (medium doneness). Cook steaks to at least 145°F (medium rare doneness).
- Use long-handled tongs for turning steaks; spatulas for burgers. A fork will pierce the beef causing loss of flavorful juices.