

Grilled Ribeye Steak



Serves 2

Ingredients:

- 1 large ribeye steak
- 2 tablespoons bacon fat
- 4 tablespoons paprika
- 2 tablespoons sea salt
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoons ground black pepper
- 1 tablespoon dried oregano

Adapted from CivilizedCavemanCooking.com

- 1 tablespoon ground white pepper

Instructions:

1. Pre-heat the grill on high.
2. Allow the steak to come to room temperature for at least 30 minutes to ensure even cooking temperatures.
3. Mix all spices together to make a spice rub.
4. Spread bacon fat on both sides of steak, and season with spice rub.
5. Grill steak to your preference. Cooking time will depend on thickness of steak. Let steak to rest after grilling to allow for the redistribution of juices.
6. Serve with green non-starchy vegetables of choice.

Note:

Carbohydrate content below assumes all of the spice rub is used. Ground spices contain small amounts of carbohydrates.

Nutrition per serving: Calories 518; Total Fat 30.4 g; Saturated Fat 10.7 g; Monounsaturated Fat 12.9 g; Polyunsaturated Fat: 3.9 g; Total Carbohydrates 19.6 g; Dietary Fiber 10.6 g; Sugar Alcohols 0.0 g; Sugars 2.2 g; Protein 49.4 g; Sodium 7343 mg