

# SUMMER GRILLING GUIDE

BROUGHT TO  
YOU BY



**Blue  
Rhino**  
&  
*Walgreens*



## 1 BEFORE YOU COOK

- Don't forget the gas! Pick up a ready-to-grill Blue Rhino tank at Walgreens.
- Inspect grill and tank. Check for leaks using soapy water.
- To keep from sticking, spray or coat grill with cooking oil before lighting.



## 2 WHILE YOU COOK

- For a crosshatch mark, sear meat over high heat for 90 seconds, then rotate 45 degrees and sear again.
- To retain natural juices, use long-handled tongs or spatulas instead of forks.
- Let the grill do the work – flip food just once.



## 3 AFTER COOKING

- Make sure grill control knobs are off and the tank valve is closed.
- Allow grill to cool. Clean cooking grids and racks after every use with a quality grill brush designed for your grid material. (Be sure to replace your brush regularly.)
- Then, spray cooking grids with a light coat of cooking oil, empty grease pan, clean outside surfaces and protect grill with a quality cover.

For leak checking instructions, visit [BlueRhino.com](http://BlueRhino.com)

# RECIPES

## MAPLE BACON BEER BURGERS

MAKES: 4 SERVINGS  
PREP TIME: 10 MINUTES  
COOK TIME: 8-10 MINUTES

### DIRECTIONS

1. Preheat grill to medium heat.
2. Combine ground beef, beer, and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties.
3. Place patties on grid. Grill, covered, 7 to 9 minutes (over medium heat on preheated gas grill) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. About 2 minutes before burgers are done, place buns, cut-side down, on grid. Grill until lightly toasted.
5. During last minute of grilling, top each burger with cheese.
6. Place burgers on bottom of buns; top with bacon slices.
7. Close sandwiches.

*Originally named Maple-Bacon Beer Burgers Courtesy of The Beef Checkoff [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com).*



### INGREDIENTS

- 1 pound ground beef
- 1/4 cup beer
- 2 tablespoons Worcestershire sauce
- 4 whole wheat hamburger buns, split
- 4 slices reduced-fat cheddar cheese
- 4 extra-thick slices maplewood smoked bacon, cut in half, cooked crisp

## RED, WHITE & BEEF SALAD

MAKES: 6 SERVINGS  
PREP TIME: 6 HOURS  
COOK TIME: 15-30 MINUTES

### DIRECTIONS

1. Place beef steak and 1 cup salsa in food-safe plastic bag; turn steak to coat.
2. Close bag securely and marinate in refrigerator 6 hours or overnight.
3. Preheat grill to medium.
4. Remove steak from marinade; discard marinade.
5. Place steak on grid and grill top round steak, uncovered, 16 to 18 minutes for medium rare doneness (chuck shoulder steaks 16 to 20 minutes for medium rare to medium doneness), turning occasionally.
6. Remove; let stand 10 minutes.
7. Meanwhile combine lettuce, beans and corn in shallow serving bowl; toss.
8. Carve steak into thin slices; arrange on top of salad.
9. Drizzle dressing and 1/3 cup salsa separately over beef.
10. Sprinkle with chips, if desired.



### INGREDIENTS

- 1 beef top round steak or 2 chuck shoulder steaks, cut 1 inch thick (about 1 1/2 pounds)
- 1 cup prepared salsa
- 8 cups chopped iceberg lettuce or pre-packaged iceberg lettuce mix
- 1 can (15 ounces) black beans, rinsed, drained
- 1 cup frozen corn, defrosted
- 1/3 cup prepared ranch dressing
- 1/3 cup prepared salsa
- 1 cup broken tortilla chips (optional)

*Courtesy of The Beef Checkoff [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com).*

**BlueRhino.com**  
**800.258.7466**

For more summer grilling tips and recipes,  
visit **BlueRhino.com**

