

## **Low FODMAP Texas Steak Rub For 2**

**Gluten-Free • Dairy-Free • IBS Friendly**

Texans take their steak rubs very seriously, and you'll be sure to get a thumbs up with a "this is as good as all git out!" when you serve this sensitive tummy version.

This rub infuses the steaks with a delicious salty, sweet and mellow chile flavor. The addition of cornstarch to the mix gives the meat a good sear without altering the taste, and the brown sugar creates a nice caramelized char. Chilling it in the fridge for 1 hour to let the dry rub marinate is an essential step for flavoring and tenderizing the meat.

This is a simple recipe with a huge payoff in enhancing the steaks without overwhelming the natural flavor of the filets, or cut of your choice. Sprinkling minced chives over the cooked steaks adds an aromatic onion finish without using high FODMAP onion powder.

**Serves: 2**

### **RUB INGREDIENTS:**

2 Tblsps (7 g) light brown sugar

1 tsp pure, mild plain red chile powder, containing no onion, garlic or other high FODMAP ingredients

1 tsp salt

1/2 tsp gluten-free cornstarch

1/4 tsp turmeric

1/4 tsp ground cumin

1/8 tsp dried thyme

1/8 tsp fresh ground black pepper

### **STEAKS:**

2 steaks (Filet Mignon (lean, tenderloin), Ribeye (marbled), Kansas City Strip (thick fat along edge), New York Strip (leaner strip with trimmed fat), T-Bone (bone-in with both tenderloin and New York Strip))

### **TOPPING FINISH:**

2 tsps fresh minced chives

**METHOD:**

Mix the rub ingredients in a small bowl. Coat the steaks all over. Place them on a plate, cover with plastic wrap and refrigerate for 1 hour.

Set the steaks on the counter for 20 minutes to bring to room temperature. Lightly pat them dry with a paper towel to absorb any juices.

Grill as desired, transfer to a serving plate and cover with foil to rest for 6 to 7 minutes. Sprinkle with chives and ring that dinner bell!

**TIPS:**

Searching for a good quality, pure mild red chile powder? Visit our online shop recommendation. This Hatch brand is mild and robust with an unmistakable fruity earthiness. Think of it as amped up paprika. We use this brand for rubs, taco and fajita seasonings, flavoring soups and stews – and a little goes a long way.

**Monash Note About Chiles:** Although chiles are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural ingredient compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.

If you have questions or a recipe recommendation for FODify It! please message us via our Contact Page.



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