



Santa Maria-Style BBQ Tri-Tip

READY IN



300 min.

SERVINGS



6

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bacon cut into 1/4-inch cubes
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cans pinto beans rinsed drained
- ☐ 2 tablespoons canola oil
- ☐ 6 servings canola oil for brushing
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 loaf bread split french
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped for garnishing

- ☐ 2 cloves garlic chopped
- ☐ 2 cloves garlic with some salt mashed
- ☐ 2 tablespoons sea salt
- ☐ 2 jalapeño chiles diced finely
- ☐ 1 tablespoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion diced spanish finely
- ☐ 1 Handful parsley leaves fresh for garnishing
- ☐ 1 poblano chile diced finely
- ☐ 0.5 small onion diced red finely
- ☐ 1 beef tri-tip with some fat on one side 2 1/2 pounds
- ☐ 1.5 sticks butter unsalted room temperature

Equipment

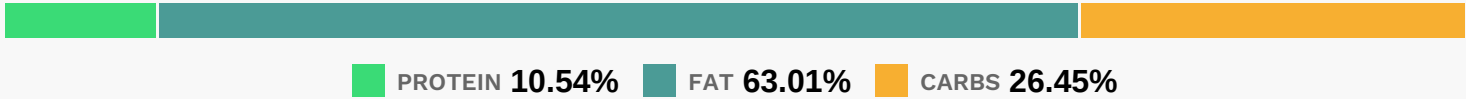
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 2 cups red oak chips, soaked in water for at least 2 hours, such as Susy Q's Brand

- ☐ In a small bowl, mix the granulated garlic, salt and pepper together and rub all over and into the meat.
- ☐ Let stand 30 minutes at room temperature.
- ☐ Prepare a charcoal grill for direct and indirect medium-high heat.
- ☐ Add the chips about 30 minutes before grilling the beef.
- ☐ Set the tri-tip over direct heat, fat-side up, and sear until nicely browned, about 10 minutes. Flip over and sear other side.
- ☐ Move the tri-tip over the indirect-heat area, cover and grill until an instant-read thermometer inserted into the thickest part registers 130 degrees F, 20 to 30 minutes.
- ☐ Transfer the meat to a cutting board and let rest at least 15 minutes. Slice the meat across the grain.
- ☐ Serve with Santa Maria Pinquito Bean Relish, Tomato Relish and Grilled French Bread.
- ☐ Heat a large saute pan over medium heat.
- ☐ Add the bacon and cook until golden brown and the fat has rendered.
- ☐ Remove the bacon with a slotted spoon to a plate lined with paper towels.
- ☐ Add the poblano and onions to the bacon fat in the pan and cook until soft, 3 to 4 minutes.
- ☐ Add the beans and bacon and cook until warmed through. Season with kosher salt and freshly ground black pepper. Put into a serving bowl and top with cilantro or parsley leaves.
- ☐ Preheat the grill for high direct heat.
- ☐ Toss the tomatoes with the canola oil, season with salt and pepper and transfer to a grill basket. Grill, tossing once or twice, until charred on all sides.
- ☐ Remove the tomatoes to another bowl.
- ☐ Add the parsley or cilantro, olive oil, garlic paste, chiles and onions. Stir to combine and season with salt and pepper.
- ☐ Let sit at room temperature for at least 30 minutes before serving.
- ☐ Mash the butter, garlic and some salt and pepper in a mortar and pestle.
- ☐ Brush the cut side of the bread lightly with oil and season with salt and pepper. Grill the bread, cut-side down, until golden brown. Flip over and continue cooking for 30 seconds longer.
- ☐ Remove from the grill, slather with the garlic butter and cut each half into 4 pieces.
- ☐ Put the pieces on a platter and scatter parsley leaves over the top.

Nutrition Facts



Properties

Glycemic Index:74.42, Glycemic Load:34.47, Inflammation Score:-9, Nutrition Score:33.678260430046%

Flavonoids

Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 994.03kcal (49.7%), Fat: 70.66g (108.7%), Saturated Fat: 23.62g (147.63%), Carbohydrates: 66.72g (22.24%), Net Carbohydrates: 56.71g (20.62%), Sugar: 8.47g (9.41%), Cholesterol: 104.39mg (34.8%), Sodium: 2227.05mg (96.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.17%), Vitamin K: 103.72µg (98.78%), Vitamin C: 49.13mg (59.55%), Manganese: 1.08mg (54.01%), Selenium: 34.99µg (49.99%), Vitamin B1: 0.75mg (49.67%), Vitamin E: 7.16mg (47.76%), Fiber: 10.01g (40.04%), Vitamin B3: 7.56mg (37.78%), Phosphorus: 367.73mg (36.77%), Folate: 146.91µg (36.73%), Iron: 6.51mg (36.17%), Vitamin B6: 0.67mg (33.53%), Vitamin A: 1611.46IU (32.23%), Potassium: 969.64mg (27.7%), Vitamin B2: 0.42mg (24.74%), Copper: 0.49mg (24.49%), Magnesium: 97.24mg (24.31%), Zinc: 3.32mg (22.14%), Calcium: 149.21mg (14.92%), Vitamin B5: 1.05mg (10.5%), Vitamin B12: 0.54µg (8.96%), Vitamin D: 0.57µg (3.83%)