

Wine-Marinated Grilled Flank Steak

Pair your Flank Steak with our wine marinade for a flavorful meal. Use red wine, lime juice, garlic, onion and brown sugar to bring out a delicious flavor.

INGREDIENTS

1 beef Flank Steak (about 1-1/2 to 2 pounds)

Salt and pepper

1/3 cup dry red wine

1/4 cup chopped onion

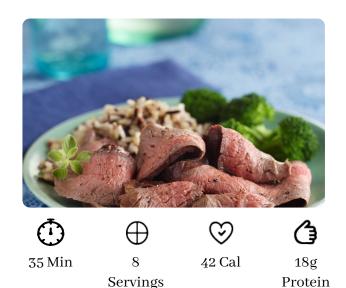
2 tablespoons brown sugar

 ${\tt 2}\ {\tt table spoons}\ {\tt reduced}\ {\tt sodium}\ {\tt or}\ {\tt regular}\ {\tt soy}\ {\tt sauce}$

1 tablespoon fresh lime juice

1 tablespoon vegetable oil

1-1/2 teaspoons minced garlic



COOKING

- 1. Combine marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
- 2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 16 to 21 minutes) for medium rare ($145^{\circ}F$) to medium ($160^{\circ}F$) doneness, turning occasionally.
- 3. Carve steak across the grain into thin slices. Season with salt and pepper, as desired.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | GLUTEN FREE | ALL NATURAL |
|-----------|----------|-----------|---------|--------|------------|---------|----------------|----------------|
| 8 | | 6g | 50mg | | 2 g | 18g | 1 | 0 |

^{*}The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com