

Chipotle-Marinated Beef Flank Steak

Give Flank Steak time to marinate in a mixture of lime juice, chipotle peppers and garlic before grilling. You'll love it!

INGREDIENTS

- 1 beef Flank Steak (about 1-1/2 to 2 pounds)
- 1/3 cup fresh lime juice
- 1/4 cup chopped fresh cilantro leaves
- 1 tablespoon packed brown sugar
- 2 teaspoons minced chipotle chilies in adobo sauce
- 2 tablespoons adobo sauce (from chilies)
- 2 teaspoons minced garlic
- 1 teaspoon freshly grated lime peel



30 Min



6
Servings



42 Cal



24g
Protein

COOKING

1. Combine marinade ingredients in small bowl; mix well. Place beef Flank Steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
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°F) to medium (160°F) doneness, turning occasionally. Carve steak across the grain into thin slices. Season with salt, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		6g	66mg		2g	24g	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