

Garlic-Thyme Marinated Steaks

This steak marinade gets saucy with olive oil and red wine vinegar.



INGREDIENTS

- 2 pounds beef Flank Steak
- Salt and pepper
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 3 tablespoons chopped fresh thyme or 1 tablespoon dried thyme leaves
- 2 tablespoons sweet or smoked paprika
- 3 teaspoons garlic
- 1/4 teaspoon ground red pepper

10 Min 8 Servings 42 Cal 24g Protein

COOKING

1. Combine Marinade ingredients in medium bowl. Place beef steak(s) and marinade in food-safe plastic bag; turn steak(s) to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steak(s) from bag; discard marinade. Place steak(s) on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill [according to the chart](#) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. [Grill top round steaks to medium rare (145°F) doneness.]
3. Serve half of steak(s) immediately, as desired. Cover and refrigerate remaining steak(s) for later use. Before serving, carve steak(s) into thin slices; season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		13g	65mg		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