

Southwest Marinated Beef Flank Steak With Grilled Peppers

Store-bought Italian dressing is spiced up with lime juice, honey and cumin to create a flavorful marinade for Flank Steak and peppers!



INGREDIENTS

1 beef Flank Steak, cut 1 inch thick (about 1-1/2 pounds) - One-and-a-half pounds beef Top Round Steak, cut 1 inch thick, may be substituted for Flank Steak. For charcoal, grill, covered, 12 to 14 minutes (for gas, grill 16 to 19 minutes) for medium rare (145°F) doneness, turning occasionally.

3 red, yellow or green bell peppers, quartered

1/2 cup prepared Italian dressing

1/4 cup fresh lime juice

1 tablespoon honey

1-1/2 teaspoons ground cumin

30 Min 6 42 Cal 24g
 Servings Protein

COOKING

1. Combine marinade ingredients in small bowl. Place beef Flank Steak and 1/3 cup 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. Refrigerate remaining marinade.

2. Remove steak; discard marinade. Brush bell peppers with some of remaining marinade. Place steak and peppers on grid over medium, ash-covered coals. Grill steak, 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. Grill peppers 12 to 15 minutes or until tender, turning occasionally. Brush steak and peppers occasionally with remaining marinade; do not brush during last 5 minutes.

3. Carve steak across the grain into thin slices. Season with salt. Serve with peppers.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		11g	66mg		9g	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