

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

2 tablespoons reduced sodium or regular soy sauce

1 tablespoon fresh lime juice

1 tablespoon vegetable oil

1-1/2 teaspoons minced garlic

35 Min

8
Servings

42 Cal

18g
Protein

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°F) to medium (160°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 | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 8 | | 6g | 50mg | | 2g | 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