

# Red Wine Herb-Marinated Beef Steak

Try this flavorful steak recipe tonight. Beef Bottom Round Steaks are marinated and grilled.



## INGREDIENTS

- 2 beef Bottom Round Steaks (16 ounces each)
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme leaves
- 1/2 teaspoon crushed red pepper

45 Min      8 Servings      42 Cal      23g Protein

## COOKING

1. Combine marinade ingredients in small bowl. Place beef Bottom Round Steaks 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, turning occasionally.
2. Heat large nonstick skillet over medium heat until hot. Remove steaks from marinade; discard marinade. Place steaks in skillet; cook 16 to 22 minutes for medium rare (145°F) doneness, turning occasionally. (Do not overcook.) Carve steaks into thin slices.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		9.4g	65mg		0.4g	23g	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