Asian Barbecued Skirt Steak

Soy sauce, barbecue sauce, peanut butter and garlic powder make a tasty Asian marinade to compliment a Skirt Steak.

35 Min	4 Servings	42 Cal	34g Protein

INGREDIENTS

1 beef Skirt Steak (about 1-1/2 pounds), cut into 4 to 6-inch portions

1/3 cup reduced-sodium or regular soy sauce

1/3 cup dark brown barbecue sauce - A dark brown barbecue sauce differs from other barbecue sauces because it contains molasses as one of its main ingredients.

2 tablespoons creamy peanut butter

1/2 teaspoon garlic powder

8 green onions, cut crosswise in half

COOKING

1. Combine soy sauce, barbecue sauce, peanut butter and garlic powder in small bowl; stir to combine thoroughly. Place beef steaks and soy sauce mixture in food-safe plastic bag; turn to coat steaks. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Remove steaks from marinade; discard marinade. Place steaks on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 10 to 13 minutes for medium rare (145˚F) to medium (160˚F) doneness, turning once. During last 3 minutes of broiling top steaks with green onions.

3. Carve steaks diagonally across grain into thin slices. Serve with green onions.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		20g	116mg		7g	34g	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

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