

Skewered Southwest Steak

Lean Flank Steak benefits from a flavorful marinade before being threaded on kabobs and hitting the grill. Enjoy at a party or a quick week night meal.

INGREDIENTS

- 1 beef Flank Steak (approx. 1-1/2 pounds)
- 1 tablespoon minced garlic
- 1/2 cup fresh cilantro, lightly packed
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon jalapeno hot pepper sauce or 1 teaspoon hot pepper sauce
- 1-1/4 teaspoons ground cumin
- Lime slices, cilantro sprigs (optional)



25 Min



6
Servings



42 Cal



24g
Protein

COOKING

1. Soak twelve 10 or 12-inch wooden skewers in enough water to cover 10 minutes; drain.
2. Place garlic in blender container. Cover; process, pulsing on and off, until garlic is finely chopped. Add remaining marinade ingredients; process until mixture is blended.
3. Cut beef Flank Steak diagonally across the grain into 1/4-inch thick strips. In medium bowl, combine beef and marinade; toss to coat. Marinate 10 minutes.
4. Thread an equal amount of beef, weaving back and forth, onto each skewer. Place beef on grid over medium ash-covered coals; grill, covered, 4 to 6 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Season with salt, as desired. Garnish with lime and cilantro sprigs, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		9g	42mg		1g	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.

