




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	42 Cal	18g
	Servings		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