

Balsamic Marinated Flank Steak

Tangy balsamic vinegar makes this marinade. Mix in Dijon mustard, garlic and basil, pour over Flank Steak, then grill and serve with a variety of veggies for a simple, fresh meal.

INGREDIENTS

- 1 beef Flank Steak (about 1-1/2 pounds)
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh basil leaves
- 1 1/2 teaspoons Dijon-style mustard
- 1 teaspoon minced garlic
- 1/2 teaspoon sugar



30 Min



6
Servings



42 Cal



24g
Protein

COOKING

1. Combine marinade ingredients in small bowl. Place beef Flank Steak 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. 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. Season steak with salt and pepper, as desired. Carve steak crosswise into thin slices.

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.

Courtesy of BeefItsWhatsForDinner.com