

Balsamic Onion Mocha Flank Steak

Ground espresso coffee and cocoa powder are the secret ingredients in this dish. Flank Steak never tasted so good!

INGREDIENTS

- 1 beef Flank Steak (about 1-1/2 to 2 pounds)
- 1 cup light balsamic vinaigrette dressing, divided
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon ground espresso coffee
- 1/2 teaspoon ground black pepper
- 1 medium onion, chopped



25 Min



6
Servings



42 Cal



24g
Protein

COOKING

- Combine 1/3 cup vinaigrette, cocoa, coffee and pepper in small bowl. Place beef 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.
- Remove steak from bag; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
- Meanwhile, cook onion and remaining 2/3 cup balsamic vinaigrette in medium saucepan over medium heat, uncovered, 8 to 10 minutes or until onion is tender. Remove from heat.
- Carve steak diagonally across the grain into thin slices. Top with onion slices.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		8g	66mg		9g	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