

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

1. 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.
2. 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.
3. 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.
4. 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