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# Marinated Flank Steak II

Mary Louise Kidder Gadsden

Party Recipes from the Charleston Junior League - 1993

Servings: 15

**1 (1-1/4 to 1-1/2 pound) flankl steak**

**1/2 cup vegetable oil**

**1/2 cup soy sauce**

**2 cloves garlic, minced**

**colored toothpicks**

Using a small sharp knife, lightly score the steak on both sides. Place it in a pan which is long enough for it to lie flat.

Pour the vegetable and soy sauce over the steak . Sprinkle on the garlic.

To start, turn the steak several times in the marinade.. Allow it to marinate in the refrigerator for at least six hours or overnight. Turn the steak at least twice while it is marinating.

Prheat the broiler.

Remove the meat from the marinade and broil for approximately 5 minutes on each side. Let the meat cool. Refrigerate until chilled. Slice on the diagonal.

Cut in bite-size pieces and place a toothpick in each piece

## **Appetizers**

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*Per Serving (excluding unknown items): 70 Calories; 7g Fat (91.8% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 549mg Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.*