

## **Loaded Flank Steak**

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**Servings: 6**

**Start to Finish Time: 30 minutes**

**1/2 cup butter, softened**

**6 bacon strips, cooked and crumbled**

**3 green onions, chopped**

**2 tablespoons ranch salad dressing mix**

**1/2 teaspoon pepper**

**1 (1 1/2 to 2 pound) beef flank steak**

In a small bowl, combine the butter, bacon, green onions, salad dressing and pepper.

Cut a deep slit in the side of the steak, forming a pocket.

Stuff the butter mixture into the slit.

Grill the steak, covered, over medium heat, or broil 4 to 6 inches from the heat, for 6 to 7 minutes on each side or until the meat reaches the doneness.

To serve, thinly slice across the grain.

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Per Serving (excluding unknown items): 175 Calories; 18g Fat (93.4% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 3 1/2 Fat.