

Teriyaki Steak Strips

Mrs J C Carroll

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*2 pounds flank steak
1 cup beef consomme
1/3 cup soy sauce
1 3/8 teaspoons seasoned
salt
1 clove garlic, minced
3 tablespoons lime juice
2 tablespoons brown sugar
1/4 cup chopped green
onions with tops*

Cut the meat in one-inch wide strips diagonally.

In a bowl, combine the beef consomme, soy sauce, seasoned salt, garlic, lime juice, brown sugar and green onions. Place the marinade in a sealable plastic bag. Place the flank steak strips in the bag. Seal.

Marinate in the refrigerator overnight.

Prepare the grill or broiler. Remove the beef strips from the bag, reserve the marinade for sauce for serving.

Grill the strips. Turn only once.

Per Serving (excluding unknown items): 1802 Calories; 95g Fat (48.5% calories from fat); 191g Protein; 35g Carbohydrate; 1g Dietary Fiber; 463mg Cholesterol; 9223mg Sodium. Exchanges: 27 Lean Meat; 2 Vegetable; 1/2 Fruit; 5 1/2 Fat; 1 Other Carbohydrates.