

Barbecued Flank Steak

Ruth Meyer - Bridgewater, NJ

Treasure Classics - National LP Gas Association - 1985

Servings: 6

1/3 cup soy sauce

1/3 cup salad oil

3 tablespoons red wine vinegar

1/8 teaspoon garlic powder

1 tablespoon instant minced onion

1 large flank steak

Preparation Time: 5 minutes

Grill: 10 minutes

In a bowl, mix the soy sauce, salad oil, red wine vinegar, garlic powder and onion. Pour over the steak.

Marinate the steak for four hours or longer, turning frequently.

Drain and barbecue on a grill for about 5 minutes on each side for medium rare.

Cut on the diagonal into thin slices to serve.

Best when served with salad and vegetables.

Per Serving (excluding unknown items): 145 Calories; 14g Fat (84.0% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 917mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.