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# Chili-Lime Flank Steak

Summer Cookout Cookbook

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## TIPS AND TRICKS

- \*\* Bring your meat to room temperature about 30 minutes before grilling. Pat dry.
- \*\* Use a thermometer to check for doneness. For medium-rare meat, cook until 130 degrees.
- \*\* After grilling, let the steak rest for 5 to 10 minutes before slicing so the juices redistribute.

## RUB

zest of one lime

1 tablespoon chili powder

1 tablespoon brown sugar

2 teaspoons chopped thyme

1 teaspoon cumin

1 teaspoon chipotle chile powder

1/2 teaspoon salt

few grinds pepper

## STEAK

1 (1-1/2 to 2 pound) flank steak

1 lime

salt

Make the rub: In a bowl, mix the lime zest, chili powder, brown sugar, thyme, cumin, chipotle powder, salt and pepper. Mix well.

Squeeze a lime over the flank steak. Then rub with the spice mixture. Let stand for 30 minutes.

Grill on oiled grates over medium-high heat until browned, about 8 minutes.

Flip the steak and grill 5 to 7 more minutes for medium-rare.

## Beef, Grilled

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*Per Serving (excluding unknown items): 263 Calories; 12g Fat (39.7% calories from fat); 21g Protein; 21g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 1220mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.*