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# Grilled Asian Flank Steak

*The Essential Southern Living Cookbook*

Preparation Time: 10 minutes

Start to Finish Time: 4 hours 24 minutes

Chill: 4 hours

**1/2 cup lite soy sauce**

**3 tablespoons lite Teriyaki sauce**

**3 tablespoons rice wine vinegar**

**1 tablespoon Asian -garlic chili sauce**

**1 tablespoon minced fresh ginger**

**2 scallions, chopped**

**1 1/2 pounds beef flank steak**

In a large heavy-duty zip-top bag or shallow dish, combine the soy sauce, Teriyaki sauce, vinegar, chili sauce, ginger and scallions. Add the steak and turn to coat. Seal and cover.

Chill for four hours, turning occasionally.

Remove the steak from the marinade. Discard the marinade.

Grill the steak, grill lid closed, over medium-high heat (350 to 400 degrees) for 5 to 7 minutes on each side or to the desired doneness.

Let stand for 10 minutes before slicing. Cut diagonally across the grain into thin strips.

Yield: 4 to 6 servings

## **Beef**

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*Per Serving (excluding unknown items): 59 Calories; trace Fat (0.8% calories from fat); 4g Protein; 18g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 666mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 Other Carbohydrates.*