
Easy Marinated Grilled Flank Steak

Beverly Dietz - Surprise, AZ

Taste of Home Magazine - June-July 2021

Servings: 8

Preparation Time: 5 minutes

Grill: 15 minutes

1 cup barbecue sauce

1/2 cup burgundy wine (or beef broth)

1/4 cup lemon juice

1 two-pound beef flank steak

In a small bowl, whisk together the barbecue sauce, wine and lemon juice until blended. Pour one cup of the marinade into a shallow dish. Add the beef. Turn to coat. Cover,

Refrigerate for four hours or overnight.

Cover and refrigerate the remaining marinade.

Drain the beef, discarding the marinade in the dish.

Grill the steak, covered, over medium heat until the meat reaches the desired doneness, 6 to 8 minutes on each side (for medium-rare, a thermometer should read 135 degrees; medium 140 degrees; medium-well 145 degrees).

Let stand for 5 minutes before thinly slicing across the grain.

Serve with the reserved marinade.

LEFTOVER IDEAS

Grilled Flank Steak Salad: Toss together some bagged salad mix, sliced red onions, halved cherry tomatoes, thinly sliced flank steak and a drizzle of balsamic vinaigrette.

Philly Cheesesteak Sandwiches: Saute' thinly sliced flank steak with grilled onions and peppers. Pile onto a hoagie roll. Top with warm Cheese Whiz.

Grilled Steak Tacos: Grill whole green onions and sliced steak. Wrap in corn tortillas with avocado slices, thinly sliced tomatoes and sliced radishes.

Beef

Per Serving (excluding unknown items): 25 Calories; 1g Fat (19.4% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 255mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.