Marinated Flank Steak



A wonderful flank steak on the grill recipe I invented that friends just love! My girls think this is great, and it doesn't take long to grill. Inis also works great when sliced and used for fajitas.



Prep: 15 mins Servings: 6

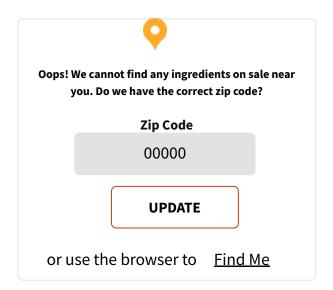
Cook: 10 mins Yield: 6 servings

Additional: 6 hrs
Total: 6 hrs 25 mins

Ingredients

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	½ cup soy sauce
	¼ cup red wine vinegar
	2 tablespoons fresh lemon juice
	1½ tablespoons Worcestershire sauce
	1 tablespoon Dijon mustard
	2 cloves garlic, minced
	½ teaspoon ground black pepper
	1½ pounds flank steak

½ cup vegetable oil





Directions

In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.

Preheat grill for medium-high heat.

Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.



Nutrition Facts

Per Serving: 275 calories; protein 14.8g; carbohydrates 3.4g; fat 22.5g;

cholesterol 27.2mg; sodium 934.9mg. $\frac{\text{Full Nutrition}}{\text{Nutrition}}$

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