

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. This also works great when sliced and used for fajitas.



By **GUYCON**

Prep: 15 mins

Servings: 6

Cook: 10 mins

Yield: 6 servings

Additional: 6 hrs

Total: 6 hrs 25 mins

Ingredients

- ½ cup vegetable oil
- ⅓ cup soy sauce
- ¼ cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 1 ½ tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper
- 1 ½ pounds flank steak



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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. [Full Nutrition](#)

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