

GRILLED MARINATED FLANK STEAK

INGREDIENTS

2 T's each: olive oil,
balsamic vinegar,
Worcestershire
sauce, and tamari

1 T Dijon mustard
1 clove garlic,
minced

1- 1/2 pounds flank,
skirt or flatiron
steak

DIRECTIONS

1. Mix wet ingredients into gallon size ziploc, add steak, marinate for at least 20 minutes and up to 6 hours. This can be refrigerated, but return the steak to room temperature before cooking.
2. Heat grill on high for at least 10 minutes, or build a hot charcoal fire. Clean the grate with wire brush. Spray grate with Pam or a rag soaked in oil.
3. Add steak, turning only once. Cook for 3 -1/2 minutes for rare, 4 - 5 minutes for medium rare, and 5-6 minutes for medium per side. Let rest for 10 minutes uncovered. Slice thinly against the grain and serve.

