

Grilled Flank Steak



You can feed a crowd a gourmet meal for very little money

Serves 6

1/2c olive oil	1/2c red wine	2T Dijon mustard
1/2c balsamic vinegar	1/2c honey	2 green onions, sliced
1/2c soy sauce	4 garlic cloves, minced	2 pounds flank steak

Mix together olive oil, balsamic, soy sauce, red wine, honey, garlic, Dijon and green onion. Pour into large zip~lock bag.

Using a sharp knife, score across flank steak making 1/4" deep cuts about 1" apart all across the grain of the meat. Add flank steak to marinade, seal bag and refrigerate overnight.

Preheat grill to medium~high heat and spray with non~stick cooking spray. Remove meat from marinade and grill 5 minutes per side, or until medium rare.

While steak is grilling, place marinade in small pot and bring to boil. Reduce heat and simmer until steak is done.

Remove steak from grill and allow to rest on plate 10 minutes. Thinly slice on the diagonal across the grain and serve with heated marinade.

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