

Flank Steak for Everyone

Recipe by C.

Recipe Yields: 8 - 3oz. servings
AMS Conversions for Flank Steak:

3 oz. = 2 units protein

4 oz. = 3 units protein

5 oz. = 4 units protein

6 oz. = 5 units protein

*weigh the flank after it has been cooked

Cooks Notes: Flank Steak is very low in fat, so therefore it can be not as tender as other types. To properly tenderize the flank, I'd recommend that you marinate it in a zip-lock bag for at least 4 hours or overnight.

Ingredients:

1 (2 lb.) flank steak, trimmed of fat

Marinade:

3/4 cup low-sodium soy sauce

1/2 cup ketchup

1/2 cut chopped scallions

3 Tbsp. sesame oil

Directions:

Step 1: Trim flank of excess fat and place it in a large zip-lock baggie. Combine all of the marinade ingredients in with the flank in the zippie. Seal the zippie tightly. Mash it all around making sure to cover the entire steak. Place in the refrigerator for at least four hours.

.....At least four hours later.....

Prepare the grill.

Step 2: When ready to cook, remove the flank from the zip-lock bag and discard the remaining marinade. Place the flank on a grill rack coated with cooking spray; grill 6 - 8 minutes on each side, or until desired degree of done-ness.

Step 3: Remove steak from grill and place cooked flank steak on a cutting board. Cut diagonally across grain into 1/4 - 1/2 inch slices.

*Weigh the flank after it has been cooked