

Marinated Flank Steak



PREPARATION TIME
40 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
macaroni salad



Use leftover steak in a satisfying main-dish salad. Combine salad ingredients in a bowl. Reheat sliced steak in a skillet; add your favorite oil-based salad dressing and warm slightly. Add steak mixture to salad.

SHOPPING LIST

- flank steak
- white wine or chicken broth

ON HAND

- onion • garlic • vinegar
- oil • salt • dried basil
- crushed hot red pepper flakes

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INGREDIENTS

- 1 medium onion
- $\frac{3}{4}$ cup white wine or chicken broth
- $\frac{1}{4}$ cup white-wine vinegar
- 2 tablespoons olive or vegetable oil
- 1 teaspoon dried basil or 1 tablespoon chopped fresh basil
- $\frac{1}{2}$ teaspoon salt
- Crushed hot red pepper flakes
- 1 (1 $\frac{1}{2}$ -pound) flank steak, trimmed
- 1 clove garlic, halved

SERVES 6

COOKIN'
Express

• To easily peel an onion, slice off the top and root ends. Then hold the onion under running water while removing the skin—it will slide off with very little effort.

• Wiping extra marinade from the steak with paper towels will prevent “flare ups” and uneven cooking during grilling.

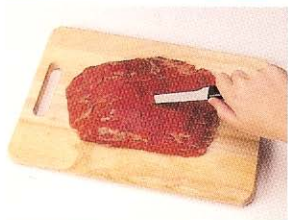
Make Ahead

Marinate the steak overnight. Combine ingredients as recipe directs in a shallow baking dish; add steak. Cover tightly with plastic wrap and refrigerate.

◆ VARIATION

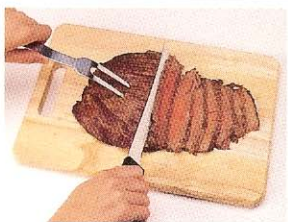
To broil the steak, prepare as recipe directs through step 3; broil 4 inches from the heat for 6 minutes per side for medium.

- 1** Thinly slice onion. Combine onion, wine, vinegar, oil, basil, salt and red pepper flakes in a shallow glass baking dish; mix well.



- 2** Make slits in steak. Rub both sides of steak evenly with garlic. Place steak in dish; turn to coat. Cover; marinate in refrigerator for 30 minutes.

- 3** Preheat grill. Remove steak from marinade; discard marinade in dish. Pat steak dry with paper towels.



- 4** Grill steak 4 inches from heat for about 6 minutes per side for medium. Let stand for 10 minutes before slicing.