

Marinated Flank Steak

1 flank steak serves about 4; marinate makes enough for 2 steaks

1 or 2 flank steaks (approx. 1 – 1.5 lbs each)
2/3 cup dry red wine
1/3 cup low-sodium soy sauce (or ¼ cup regular)
1 tablespoon vegetable oil
4 large cloves garlic, pressed or minced
1 teaspoon sugar

Add all ingredients to a large plastic zip bag (you might need two if doing 2 steaks). Refrigerate for several hours or overnight.

Line a baking sheet with foil. Remove steak(s) from bag and place on baking sheet. (Discard marinade.) Broil on top rack (or grill) for 4-5 minutes per side for medium-rare. (I go more like 6 minutes per side; the thin parts of the flank steak will be more done, the thick part more rare.)

Remove from oven and let rest for 8-10 minutes for juiciest steak. Pull up the edges of the foil to make a little tent and collect juices. Slice thinly against the grain of the meat. Serve with chimichurri sauce, if desired.

Reserve leftovers for sandwiches, quesadillas or Chipotle-style rice bowls (below). Less than a minute in the microwave heats up the meat without cooking it further.

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