

Garlic-Chile Flank Steak

Serve this great-tasting, tender steak as part of a taco party or with a mixed green salad and sliced avocados.



Ingredients

- 2 cloves garlic, minced
- 1/4 cup white vinegar
- 2 tablespoons canola oil
- 2 teaspoons ground ancho chile pepper
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1–1 1/4 pounds flank steak, trimmed of fat

Instructions

1. Whisk garlic, vinegar, oil, ground chile, oregano, cumin and salt in a small bowl. Place steak in a shallow baking dish and pour marinade over it, turning to coat both sides. Cover and refrigerate for at least 1 hour, turning once, or overnight.
2. Preheat grill to high heat. Oil the grill rack. Grill the steak until desired doneness, 5 to 6 minutes per side for medium. Transfer to a plate, cover with foil and let rest for 5 minutes. Slice the steak very thinly across the grain. Serve warm or chilled.

Yield:

8 servings,
about 1.5 ounces
each

Active Time:

25 minutes

Total Time:

1 hour
25 minutes
(including 1 hour
marinating time)

Nutrition Per Serving

97 Calories, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 34 mg,
Carbohydrates: 0 g, Fiber: 0 g, Total Sugars: 0 g, Added Sugars: 0 g,
Protein: 11 g, Sodium: 55 mg, Potassium: 145 mg, Iron: 0 mg, Folate: 3 mcg,
Calcium: 8 mg, Vitamin A: 21 IU, Vitamin C: 0 mg

Carbohydrate Servings: 0

Make Ahead Tips:



Marinate steak in the refrigerator for up to 1 day and/or refrigerate cooked steak for up to 1 day. Slice just before serving.