



**Paul's Supermarket**  
*A Fresh Experience!*

# Butcher Block Talk

## Marinated Flank Steak



Rated: ★★★★★

Submitted By: GUYCON

Photo By: Allrecipes

Prep Time: 15 Minutes

Cook Time: 10 Minutes

Ready In: 6 Hours 25 Minutes

Servings: 6

"A wonderful flank steak on the grill I invented that friends just love! My girls think this is great, and it doesn't take long to grill. This also works great when sliced and used for fajitas."

### INGREDIENTS:

1/2 cup vegetable oil

1/3 cup soy sauce

1/4 cup red wine vinegar

2 tablespoons fresh lemon juice

1 1/2 tablespoons Worcestershire sauce

1 tablespoon Dijon mustard

2 cloves garlic, minced

1/2 teaspoon ground black pepper

1 1/2 pounds flank steak

### DIRECTIONS:

1. In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.
2. Preheat grill for medium-high heat.
3. Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.