

Broiled Flank Steak

INGREDIENTS:

1 lb flank steak
½ C vegetable juice (ie. V-8)
¼ C Worcestershire sauce
¼ C finely chopped onion
1 T fresh lemon juice
1 minced garlic clove
½ t fresh ground pepper
1/8 t salt (optional)

DIRECTIONS:

Place steak in glass baking dish. Combine vegetable juice, Worcestershire sauce, onion, lemon juice, garlic, pepper and salt. Pour mixture over steak. Cover and refrigerate for 2 hours, turning once.

Place steak on the broiler rack and brush with marinade. Broil 3 inches from the heat for 5 minutes. Turn, brush with additional marinade and broil for 3 more minutes or until thermometer inserted reaches 145 degrees F (for medium rare). Serve by cutting diagonally across the grain of the steak into thin slices.

Makes 4 servings.
Calories: 211/serving

NUTRITIONAL INFORMATION PER SERVING:

24g protein
6g carbohydrates
9g fat
362mg sodium
46mg cholesterol
0g fiber