



FLANK STEAK W/COFFEE-PEPPERCORN MARINADE

Basic Lifestyle

INGREDIENTS

- 3 TBS strong brewed coffee
- 1 TBS balsamic vinegar
- 1 TBS extra-virgin olive oil
- 1 TBS brown Splenda
- 2 gloves garlic, minced
- 1 TSP whole black peppercorns, crushed
- ½ TSP salt
- 1 lbs. Flank steak, trimmed of fat

INSTRUCTIONS

—Whisk coffee, vinegar, oil, sugar, garlic, peppercorns and salt to a glass dish large enough for meat to lie flat. Add steak and turn to coat. Cover and refrigerate for at least 1 hour or up to 8 hours.

—Heat grill to high.

—Remove steak from marinade (discard marinade). Lightly oil grill rack. Place steak on grill and cook for 4 to 5 minutes per side for medium-rare.

—Transfer steak to a cutting board and let rest for 5 minutes. Slice thinly across the grain and serve.

SERVING INFO: (Yields 4 servings) - 4 oz. steak = 1 P

See recipe photo at [Instagram](#) and [Facebook](#).