



Flank Steak with 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 cloves garlic, minced
1 TSP whole black peppercorns, crushed
1/2 TSP salt
1 lb. flank steak, trimmed of fat

INSTRUCTIONS

—Whisk coffee, vinegar, oil, sugar, garlic, peppercorns and salt in 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: (Serves 4)

4 oz. steak = 1 P

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