



Skewered Southwest Steak

Ingredients:

- 1 beef flank steak (approx. 1 1/2 pounds)
- Salt
- Lime slices (optional)
- Fresh cilantro sprigs (optional)

Marinade:

- 3 large cloves garlic
- 1/2 cup fresh cilantro, lightly packed
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons fresh lime juice
- 1 tablespoon jalapeno sauce or 1 teaspoon hot pepper sauce
- 1 1/4 teaspoon ground cumin

Makes: 6 servings.

Prep Time: 40 minutes

Grilling Time: 30 minutes



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Directions:

1. Soak twelve 10 or 12-inch wooden skewers in enough water to cover 10 minutes; drain.
2. Place garlic in blender container. Cover; process, pulsing on and off, until garlic is finely chopped.
3. Add remaining marinade ingredients; process until mixture is blended.
4. Trim fat from beef steak. Cut steak diagonally across the grain into 1/4-inch thick strips.
5. Preheat grill to medium.
6. In medium bowl, combine beef and marinade; toss to coat. Marinate 10 minutes.
7. Thread an equal amount of beef, weaving back and forth, onto each skewer.
8. Place beef on grid and grill, uncovered, 4 to 6 minutes for medium rare to medium doneness, turning once.
9. Season with salt, as desired.
10. Garnish with lime and cilantro sprigs, if desired.

Recipe and photo courtesy of The Beef Checkoff.

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