

Southwest Marinated Steak with Grilled Peppers (for 6)

Steak & peppers: a tasty treat. A tossed green salad tops off this meal.

SOURCE: Fabulous Food Associations

Chapter: The National Cattlemen's Beef Association

Prep Time: 10 minutes

Cooking Time: 35 minutes

INGREDIENTS:

1 beef flank steak, approximately 1" thick or top round (about 1 1/2 lbs)
3 red bell peppers (or yellow or green), each quartered lengthwise
1/2 C Italian dressing, prepared
1/4 C fresh lime juice
1 TBS honey
1 1/2 tsp ground cumin

DIRECTIONS:

Combine Italian dressing, lime juice, honey & cumin. Place steak & 1/3 C marinade in plastic bag, turning to coat. Close bag securely & marinate in refrigerator 6-8 hours or overnight, turning occasionally. Cover & refrigerate remaining marinade.

Remove steak from marinade; discard marinade. Brush bell peppers with some reserved marinade. Place steak & peppers on grid over medium, ash-covered coals. Grill flank steak, uncovered 17-21 minutes for medium-rare to medium doneness (top round steak 16 to 18 minutes for medium-rare doneness), turning occasionally. Grill peppers 12-15 minutes or till tender, turning once. Brush steak & peppers occasionally with additional marinade; do not brush during last 5 minutes.

Carve flank steak diagonally across grain into thin slices; season with salt, as desired. Serve.