

Flank Steak Barbecue

Thom Hackett

Serves: 5



Ingredients

2 pounds flank steak, ½ inch thick
1½ teaspoons garlic salt
1 teaspoon oregano leaf
3 tablespoons salad oil
2 tablespoons lemon juice
1 (8-oz.) can tomato sauce

Cooking Method

Score each side of meat ⅛ inch deep in diamond pattern.

1. Place meat in shallow glass dish.
2. Mix garlic salt, salt, oregano leaves and oil; spread on meat.
3. Drizzle lemon juice over meat.
4. Cover; refrigerate at least 1 hour.
5. Open can tomato sauce; place on edge of grill to warm.
6. Place meat on grill 4 inches from hot coals.
7. Cook about 5 minutes on each side, basting frequently with tomato sauce.

To serve, cut steak diagonally across the grain into thin slices.