

## BBQ Flank Steak Recipe

### Ingredients

- 2 (1-1/2 lb) flank steaks, preferably prime
- 6 large garlic cloves, sliced into thin slivers
- 1/4 cup Dijon Mustard
- 1 Tablespoon soy sauce
- 1/2 teaspoon dried thyme
- Fresh thyme sprigs for garnish

### Instructions

Make small slits over surfaces of both steaks with sharp paring knife and insert garlic slivers.

Combine mustard, soy sauce and thyme in small bowl and mix well. Spread steaks generously on all sides with mixture. Place steaks in glass or plastic pan and cover with plastic wrap. Refrigerate 6 hours or overnight.

When ready to cook, prepare grill. When coals are hot, grill steaks about 5 minutes per side until pink inside. Make slit in center of steaks to check degree of doneness. Cooking time will vary depending on type of grill used and intensity of heat. Steaks also can be broiled 4 to 5 inches from heat 5 to 6 minutes per side approximately.

To serve: Cut steaks against grain into 1/4 inch slices. Arrange slices of steak on serving platter and garnish with thyme . Makes 8 (6-ounce) servings.

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