

# Marinated Steak

**It's Barbecue season! Try this Marinated Steak!**

## **Ingredients:**

- 1.5 pounds of shoulder or flank steak
- 1 cup sugar-free teriyaki sauce
- 1 cup Diet Coke
- 1 onion, diced
- 3 cloves garlic, diced
- 2 tablespoons red wine vinegar
- 1 tablespoon hot sauce - optional
- Salt and pepper to taste



## **Instructions:**

1. Lightly score both sides of steak in a crisscross pattern. Place steak in a large ziplock bag.
2. In a medium bowl, combine teriyaki sauce, Diet Coke, onion, garlic, vinegar and hot sauce (if you are using it), whisking well to combine.
3. Set aside 1/2 cup of marinade for later. Pour rest of the marinade over the steak in the ziplock bag; seal bag and turn over a few times to thoroughly coat. Refrigerate for 2 hours.
4. Let steak and marinade sit at room temperature for 15 minutes. Remove steak from bag.
5. Season steak on both sides with salt and pepper. Place steak on a preheated barbecue grill and grill for 6 minutes on medium heat. Turn steak, brush with reserved marinade and broil for 6 minutes more. Steak will be medium rare.
6. Allow steak to rest for 10 minutes. Carve steak into thin slices and serve.

**Makes 5 servings. Count each serving as a protein. Enjoy!**