



---

## Uploaded to the VFC Website

▶▶ June 2015 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## **Grilled Flank Steak**

1 1/2 Pounds flank steak  
1 Cup 100% pure soybean oil  
1/2 Cup apple cider vinegar  
1/2 Cup lemon juice  
1/2 Cup soy sauce  
1/4 Cup Worcestershire sauce  
2 Tbsp dry mustard  
1 Tbsp black pepper  
1/4 Tsp salt  
1 1/2 Tsp parsley

- 1) Combine all ingredients in 1 gallon resealable plastic bag and marinate 8 hours.
- 2) Grill; for medium rare cook 6 minutes per side. Do not over cook.
- 3) Rest flank steak 10 minutes. Slice across grain thinly.

Makes 4 Servings

