

The Right Bite **Spicy Flank Steak**

6 to 8 (2 oz.) Servings

Ingredients:

2 lbs. flank steak or top round
1 large onion
2 tbsp. vinegar
2 tbsp. dry mustard
1 tsp. Hungarian paprika (optional)
1/2 teaspoon cayenne powder
1/2 cup water
1 to 2 tbsp. cornstarch dissolved in 1/4 cup cold water (optional for gravy)

Directions:

1. Place all ingredients in Dutch oven. Bring to boil.
2. Reduce heat and simmer for 1 1/2 to 2 hours or until meat is no longer pink. If broth evaporates, add extra water.
3. Let cool before slicing. Serve hot or cold.
4. To make gravy, skim broth to remove fat and mix with cornstarch mixture. This can also be saved for a soup base.

Nutrition Facts:

Calories: 154
Carbohydrates: 2g
Fat: 10g
Sodium: 40mg
Protein: 4g

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