

Beef

London Broil

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Servings: 4

1 1/2 pounds flank steak

1 onion, finely chopped

1 tablespoon parsley, finely chopped

1/2 cup red wine

1 tablespoon Worcestershire sauce

1/2 cup beef broth

1 tablespoon cornstarch, dissolved in two tablespoons of cold water

Score crisscross lines into the steak with a sharp knife.

Combine the parsley and onion and press the mixture into the scored beef.

Place the beef in a shallow dish. Add the wine and Worcestershire sauce. Allow the beef to marinate for one hour or longer. Turn the beef occasionally.

Remove the beef from the marinade, reserving the marinade. Pat the beef dry with paper towels.

Broil the beef for 4 minutes on each side, or until desired doneness.

Meanwhile, place the reserved marinade in a small saucepan. Add the beef broth and bring to a boil. Stir in the cornstarch which has been dissolved in cold water and cook until the mixture thickens.

Slice the beef thinly, holding the knife almost flat and parallel to the beef. Cut long thin slices of beef, cutting across the grain.

Spoon the sauce over the beef.

Per Serving (excluding unknown items): 350 Calories; 18g Fat (49.6% calories from fat); 35g Protein; 6g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 336mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.