



## Recipes

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### Marinated Flank Steak

Serves 1

#### Ingredients:

- 1 oz. Red Onion , chopped
- 1 oz. Fresh Garlic , chopped
- 8 oz. Extra Virgin Olive Oil
- 1 Tbsp. Ground Cumin
- 1 tsp. Oregano
- 1.5 lbs. Flank Steaks

#### Directions:

1. Place all ingredients except steak in a mixing bowl and blend together.
2. Coat flank steak with mixture and marinate in covered container, refrigerated, at least four hours or overnight.
3. Remove steak from marinade and grill until desired doneness.
4. Cut into thin strips.