

Flank Steak & Green Beans

Servings: 4

RECIPE BOX

INGREDIENTS

STEAK:

1 LB. FLANK STEAK
1/4 CUP OLIVE OIL
1 CLOVE GARLIC, MINCED
3 TBSP HONEY
2 TBSP RED WINE VINEGAR
1/4 CUP COCONUT AMINOS (OR SOY SAUCE)
SALT AND PEPPER

GREEN BEANS:

16 OUNCES FRESH OR FROZEN GREEN BEANS
1/4 CUP OLIVE OIL
1 TBSP RED WINE VINEGAR
1 TSP DIJON MUSTARD
1/3 CUP GRATED PARMESAN

DIRECTIONS:

STEP 1: Marinate flank steak for at least 1 hour (up to overnight). Place olive oil, garlic, honey, vinegar, coconut aminos and salt & pepper in a bowl; add steak, then cover and refrigerate.

STEP 2: Grill each side 2 minutes on hot to create a sear, then continue to cook until your desired doneness. Let steak rest 10 minutes before slicing across the width of the steak at a diagonal.

STEP 3: In a large skillet cook green beans covered with water, usually 4-5 minutes for fresh beans. Drain.

STEP 4: Mix olive oil, vinegar and mustard. Pour over green beans and toss. Sprinkle with parmesan cheese.

STEP 5: Serve 4 ounces of steak with 1 cup cooked vegetables.



This recipe is gluten free as written.



Use portobello mushrooms rather than steak.

Nutrition per Serving: Calories 516, Total Fat 38g, Carbs 18g, Protein 28g, Fiber 2g, Sugars 15g.

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