

Grilled Steak With Tomatoes, Red Onion and Balsamic

YIELD: 8 servings

★★★★★
5 from 11 votes

PREP TIME:
15 mins

COOK TIME:
15 mins

TOTAL TIME:
30 mins

COURSE: Dinner

CUISINE: American

This Grilled Steak topped with fresh chopped tomatoes, red onion, balsamic vinegar, and olive oil is one of my favorite ways to make steak in the summer.

Ingredients

- 2 lb flank or london broil steak
- 1 1/2 teaspoons kosher salt and fresh black pepper (to taste)
- garlic powder
- 1 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1/3 cup red onion (chopped)
- 3 to 4 medium tomatoes (chopped (about 3 1/2 cups))
- 1 tbsp fresh herbs such as oregano (basil or parsley)

Instructions

1. Pierce steak all over with a fork. Season generously with salt, pepper and garlic powder and set aside about 10 minutes at room temperature.
2. In a large bowl, combine onions, olive oil, balsamic, salt and pepper. Let onions sit a few minutes in the mixture to mellow a bit. Combine with tomatoes and fresh herbs and adjust seasoning if needed.
3. Heat grill or broiler on high heat. Cook steak about 7 minutes on each side for medium rare or longer to taste. Remove from grill and let it rest on a plate for about 5 minutes before slicing.
4. Slice steak thin on the diagonal; top with tomatoes and serve.

Serving: 3oz steak + 1/2 cup salad, Calories: 198kcal, Carbohydrates: 3g, Protein: 25g, Fat: 9g, Saturated Fat: 3g, Cholesterol: 78mg, Sodium: 71mg, Fiber: 0.5g, Sugar: 0.5g

Blue Smart Points: 4 Green Smart Points: 4 Purple Smart Points: 4 Points +: 5

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