



INGREDIENTS

- 2 Pounds Flank Steak
- 1 Tablespoon Cumin
- 1 Tablespoon Smoked Paprika
- 1 Tablespoon Garlic Powder
- 2 Teaspoons Chili Powder
- 2 Teaspoons Onion Powder
- ½ Teaspoon Black Pepper
- ¼ Cup Soy Sauce
(not low-sodium)
- ¼ Cup Orange Juice
- 2 Tablespoons Lime Juice
- 2 Tablespoons Olive Oil
- 1 Tablespoon Brown Sugar

DIRECTIONS

1. In a small bowl, stir together the ground cumin, smoked paprika, garlic powder, chili powder, onion powder, and black pepper. Set aside.
2. In a medium bowl, stir together the soy sauce, orange and lime juice, olive oil, and brown sugar.
3. Place the steak in a large ziplock. Add the liquid mixture and ONLY 1 tablespoon of the dry seasoning mix to a large sealed bag (reserving the rest for later).
4. Shake to coat, then marinate in the fridge for 2 to 12 hours (more time will add more flavor).
5. Discard the liquid and remove the steak from the bag. Rub the remaining dry seasoning mixture onto both sides of the steak.
6. Preheat a gas grill to medium-high (450°). Cook the steak for 4-5 minutes per side, until seared and at an internal temperature of at least 140°. Alternatively, you can broil the steaks on a baking sheet in the oven following the same directions.
7. Remove the steak, and let it rest for 5 minutes. Chop into small pieces with a knife and serve with rice and beans.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

23 Ounces

PORTION SIZES

Toddler: 1 Ounce

Preschool: 1½ Ounces

School Age: 2 Ounces

Adult: 2 Ounces