

# Flank Steak

## Ingredients

2/3 cup soy sauce  
4 tablespoons brown sugar  
2 teaspoons minced fresh ginger or 1/8 teaspoon  
ground ginger  
1 1/2 lbs. flank steak

## Directions

1. In a shallow dish, combine the soy sauce, brown sugar, and ginger. Marinate the steak in the mixture for at least 3 hours in the refrigerator.
2. Preheat the broiler. Remove the steak from the marinade and broil for about 5 minutes per side, until it is done to your satisfaction. For a more intense flavor, you can pan cook the steak in the marinade.



*Makes 4 servings*

*Nutrition information per serving:  
Calories 413, Fat 18 g, Protein 46 g,  
Carbohydrates 16 g, Cholesterol 87  
mg, Sodium 924 mg*