

# Summer Grilling - The Heat Is On!

**Food Safety Tip:** Discard used marinade, it is not safe to consume after marinating raw meat.

**Grilling Technique:** It is important to allow meat to rest after grilling and before cutting. This allows the meat to remain moist and tender.

## Grilled Flank Steak Tacos

Prep 10 minutes Cook 8 minutes Total 1 hour 30 minutes

Serves 4

### Ingredients:

1 pound flank steak, *trimmed of excess fat*  
2 tablespoons oil  
2 cloves garlic, minced or 2 teaspoons  
1/4 cup orange juice  
2 tablespoons lime juice  
1/2 tablespoon ground cumin  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper

### For Serving:

Corn or flour tortillas  
Shredded Cheese, monterey jack, feta, or queso fresco cheese  
Other toppings: chopped fresh cilantro, diced red onion, diced tomatoes, lettuce, avocado, salsa, sour cream, grilled corn salad



### Instructions:

Place the flank steak in a dish. In a medium mixing bowl stir together the oil, garlic, both juices, and seasoning. Pour over the steak and cover tightly with plastic. Refrigerate for at least 1 hour or up to 8 hours (over 8 hours will break the steak down too much).

Remove the steak from the refrigerator and preheat your grill to medium-high heat. Brush the grill grates with oil to prevent the steak from sticking. Remove the steak from the marinade and shake off any excess. Discard marinade. Grill the steak for 3-4 minutes per side, flipping once, until medium-rare (an internal temperature of 145 degrees F)

Place cooked steak on a cutting board and cover with foil. Let rest for 5 minutes to allow the juices to redistribute), then cut the steak into thin slices, making sure you are slicing across the grain.

To serve, place steak slices in warmed tortillas and add desired toppings.



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