



Lisa Kerney's Recipe for Flank Steak & Brussels Sprouts

Steak

Ingredients

2 lb flank steak trimmed
2 Tbs soy sauce
2 Tbs white wine
2 Tbs sugar
1 Tbs salt
3/4 tsp cinnamon
2 garlic cloves

Preparation

Mix all wet and dry ingredients together and pour into a 1 gallon ziplock bag. Score and trim the steak. Add steak to bag and rub marinade into steak. Refrigerate overnight or at least 8 hrs. Take out of fridge and let come to room temperature. Grill on medium/high heat for 5 or so minutes each side. Slice against the grain and enjoy!

Brussels Sprouts

Ingredients

1 1/2 lbs brussel sprouts cleaned
Chopped Shallots - 2 (chopped)
Walnuts - 1/2 cup
Chicken broth - 1/4 cup
Salt and pepper
Cranberries

Preparation

Trim ends of sprouts and thinly slice
Sauté shallots in olive oil - 3 min
Add chopped Brussels sprouts - cook 3 min
Add walnuts until toasted - 1 min
Add chicken broth
Salt and pepper
Add cranberries
Stir and serve