

Cumin-Lime Steak

Author: Medifast

Prep Time: 10 mins (+6 hours marinating time)

Cooking Time: 15 mins

Ingredients

20 oz. lean rib-eye steak

6 cups broccoli

Marinade

1 packet beef fast soup (prepared as directed) or 1/2 cup beef broth

1/4 cup lime juice

1 1/2 tablespoons ground cumin

1 1/2 tablespoons ground coriander

2 large cloves of garlic, finely chopped

3 tablespoons olive oil

Method

Mix all ingredients in marinade (except oil) in blender. Slowly add oil to blender with motor running. Cover and refrigerate until ready to use. In a glass dish pour 1 cup marinade over steaks, coating all sides. Cover and refrigerate 6 hours (or overnight). Grill over medium coals, turning occasionally, and brush with remaining 1/2 cup marinade.

Steam broccoli and serve on the side.

Nutrition Info.

Cal 380 | Fat 24g | Chol 85mg | Carb 11g | Pro 33g

This recipe makes 4 servings