Southwest Flavored Flat Iron Steak

Fri Sep 19 2014, 02:06pm

2 tbs chili powder

2 tbs brown sugar

1 tbs cumin

2 tsp garlic, minced

1 tsp onion powder

2 tsp balsamic vinegar

1 tsp Worcestershire sauce

1/4 tsp crushed red pepper

1 1/2# flat iron steaks

-mix all dry ingredients well, then add the wet ingredients

-mix well

-rub the 'paste' all over the meat and let marinate in the fridge for at least 1 hour

-remove about 20 minutes before grilling & allow to come to room temp

-grill over med-hi heat, trying to flip only once, until internal temp is 125 F (for med rare)

-let rest for 10 minutes before slicing so the juices do not purge out

-the temp will continue to raise even after it's off the grill