

Emily's Grilled Flank Steak

<http://userealbutter.com/2009/10/07/grilled-tomato-paste-flank-steak-recipe/>

1 lb. flank steak, sliced thin against the grain
3 oz. tomato paste (about 1/2 of a small can)
1/4 tsp salt
1/2 tsp pepper
1/2 tsp garlic powder
sugar (to taste)
1 tsp sesame oil (to taste)
1 tbsp soy sauce (to taste)

Mix the ingredients together in a bowl until the beef slices are well-coated (I use a clean hand to do this). [If you are grilling vegetables with the beef, cut them up into large bite-size pieces and toss with olive oil, salt, and pepper. I like onions, zucchini, peppers, mushrooms.] Skewer the beef alternating with vegetables if grilling together – don't pack the beef in too tightly or they will require more cooking time. Grill on high heat, turning the skewers to cook evenly. I like my beef on the rare side, so these took about 6-8 minutes total cooking time (also, our grill is totally lame and weak – except for one spot – so just keep an eye on your skewers). Serve hot.