



## Grilled Flank Steak with Caramelized Onions

Courtesy LadyFingers Private Chef and Catering Service

6 servings

### Ingredients:

- 2 1 ½-pound flank steaks (3 pounds total)
- garlic powder
- onion powder
- 1 cup red wine
- 4 sweet or Vidalia onions
- 4 tablespoons butter or olive oil

### Instructions:

1. Three hours prior to grilling, lay steaks on a cutting board on a flat, sturdy work surface. Using a large serving fork, thoroughly pierce each steak on both sides. Lightly sprinkle each steak with garlic powder and onion powder and thoroughly pierce each steak again.
2. Place each steak in a gallon-sized zip-lock bag and add ½ cup red wine to each bag. Squeeze out as much air as possible from each bag and tightly seal. Refrigerate for 2 hours, turning bags occasionally.
3. One hour prior to grilling, remove steaks from refrigerator and place on counter to come up to room temperature.
4. Heat grill to high.
5. Cut each onion in half, peel each half and then slice very thinly.
6. Place sliced onions in a large pot or Dutch oven with butter or olive oil (Olive oil is the Paleo method but butter will brown the onions with better flavor).
7. Heat onions over medium-high heat, stirring to coat the slices with the oil or butter. Allow onions to cook, stirring frequently. After 20 minutes, reduce heat to medium, continuing to cook and stir.
8. As onions begin to brown, scrape the caramelization from the bottom of the pot and stir it into the onions.
9. Continue this process for an additional 20 – 30 minutes or until onions are a deep caramel color and taste quite sweet. Keep warm while steaks cook.
10. By this time, the grill should be extremely hot. Reduce the heat to low and remove the steaks from the bags. Place steaks on the center of the grill and close the lid.
11. Grill on low for 5 minutes. Turn the steaks and grill for an additional 5 minutes for medium rare.
12. Transfer the steaks to a large cutting board and allow them to rest for 5 minutes.
13. Slice the steak, placing 5 – 6 slices on serving plates and top with caramelized onions.