

Flank Steak Skewers

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These Flank Steak Skewers are all about Summer and this 4th of July weekend. A whole meal right here on these metal skewers, the steak, the vegetables and the flavor. Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out perfect every time.

The difference between the two is just a few ingredient and sugar!!! Because I added sugar, it also added an extra step, cooking it to melt the sugar.

Those little changes produced big results in terms of flavor. This recipe works well with chicken too, if you want something lighter.

Wood Verses Metal Skewers

In this Flank Steak Skewer recipe I used 12 inch long metal Skewers. Skewers come in a variety of lengths and materials. Wooden bamboo too are a great option for camping trips or when you don't want to have to wash metal ones. They're inexpensive and typically quite sharp.

But there are a few downsides that you might want to consider upgrading to reusable metal skewers. Bamboo is a naturally fibrous and tends to split easily, what this means is you have to be careful you don't end up with wood splinters in your

meat.

They also burn, soaking wooden skewers in water for 30 minutes helps to prevent them from burning while cooking. I prefer metal skewers , which have a long life are reusable and thus easier on the environment. They won't catch on fire , but you do need to be careful as they get incredibly hot. We're in the grilling season and in my house meals on metal skewers and Summer go together.

Happy 4th of July my friends remember the reason for the celebration.... The Land of the Free because of the Brave!!!

If you make this recipe please leave me a comment and don't forget to tag me on Instagram hearing form is my favorite part!!!!

Ingredient

- 1 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/2 cup water
- 1/2 cup brown sugar
- 2 Tablespoons hot sauce
- 2 lbs Flank steak
- 1 Tablespoon each powered garlic, onion, smokey paprika, Worcestershire sauce
- Salt and pepper to taste
- 2 zucchini cut in thick rounds
- 1 red and 1 green bell pepper cut in seeded and cut in large squares
- 2 red onions cut in chunks
- 1 Tablespoon each powered garlic, onion, smokey paprika, Worcestershire sauce
- Salt and pepper to taste

Instructions

1. Mix first 7 ingredients
2. Simmer covered for 15 minutes
3. made a marinade for the meat and vegetables by whisking of 1 tablespoon each garlic, onion, and paprika powder, thyme, Worcestershire, 1/3 cup olive oil and juice from two lemons
4. Cut steak into large cubes
5. Put steak and marinade in a large plastic baggie and refrigerate for two hours or overnight reserving 1/4 cup to marinate the vegetables
6. Preheat grill or indoor oven to 400
7. Pour reserved marinade over cut vegetables
8. Coat Flank steak in the balsamic BBQ sauce
9. On medal skewers alternate layering the meat and vegetables
10. Grill for 20 minutes or oven roast basting the skewers with the BBQ sauce and turning to brown evenly