



Argentinean Grilled Steak with Salsa Criolla

Prep time: 25 minutes

Makes: 4 Servings

Tonight, try a recipe from South America! Enjoy these Argentinean-style steaks with a homemade Criolla Sauce, packed with flavor.

Ingredients

For the sauce:

1 large, ripe tomato (cored, seeded, and finely chopped, about 1/2 cup)

1/4 small red onion (finely chopped, about 1/4 cup)

2 tablespoons fresh parsley (finely chopped)

2 teaspoons extra virgin olive oil

2 teaspoons red wine vinegar

1/2 teaspoon minced garlic

Nutrition Information

Nutrients	Amount
Calories	220
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	70 mg
Sodium	80 mg
Total Carbohydrate	5 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	25 g
Vitamin D	0 mcg
Calcium	29 mg
Iron	2 mg
Potassium	433 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/4 cup
	Protein Foods	2 1/2 ounces

1/4 teaspoon oregano leaf

1/8 teaspoon low-sodium adobo seasoning

1/8 teaspoon crushed red pepper

For the steak:

1 pound skirt steak

1/8 teaspoon low-sodium adobo seasoning

Directions

For the sauce:

1. In a small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo seasoning and crushed red pepper.
2. Cover and refrigerate for at least 1 hour or up until 48 hours.

For the steak:

1. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates.
2. Cook, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare).
3. Let rest for 5 minutes. Thinly slice steak.
4. Divide steak evenly among serving plates. Top with reserved Salsa Criolla

Notes

Serving Suggestions: Pair with Arepas, cornmeal patties popular in Columbia and Venezuela, and a healthy Quinoa Salad for a South American Steak Supper.

Source: The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking