



## **Fisher Meats**

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### **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