



Slow Cooker Marinated Flank Steak with Savory Tomato-Onion Jam

Prep: 30 minutes plus marinating

Slow Cook: 3 hours • Serves: 6

- 1 flank steak (about 2 pounds)
 - 1 bottle (15 ounces) **PICS balsamic vinaigrette**
 - 2 tablespoons **PICS dark brown sugar**
 - 1½ teaspoons fresh ground black pepper
 - 1 can (14.5 ounces) fire roasted tomatoes
 - 1 can (10.5 ounces) **PICS condensed French onion soup**
- Chopped fresh basil, cilantro and/or parsley for garnish (optional)

1. Place steak in large zip-top plastic bag; pour vinaigrette over steak. Seal bag, pressing out excess air; refrigerate at least 2 or up to 24 hours. Remove steak from marinade; discard marinade.

2. In large skillet, cook steak over medium-high heat 5 minutes or until outside is browned, turning once.

3. Transfer steak to 3- to 4-quart slow cooker; sprinkle with sugar and pepper. Pour tomatoes and soup over steak. Cover and cook on low 3 hours or high 1½ hours or until steak is tender; transfer steak to cutting board, tent with aluminum foil and let stand 20 minutes.

4. In medium saucepan cook tomato-onion mixture over high heat 15 minutes or until reduced by ½, stirring occasionally. Makes about 1¼ cups.

5. Slice steak across the grain; serve with tomato-onion mixture sprinkled with herbs, if desired.

Approximate nutritional values per serving:

305 Calories, 15g Fat (6g Saturated), 66mg Cholesterol, 711mg Sodium, 13g Carbohydrates, 1g Fiber, 27g Protein

Chef Tip

Serve steak alongside a wintery take on classic Caesar salad: Toss baby kale with canned roasted carrots, canned great Northern or white beans, croutons, Parmesan cheese, Caesar dressing and fresh ground black pepper.