

Lisa's Favorite Carne Asada Marinade

This carne asada marinade is our family's favorite — and I've tried many! A 24-hour soak in a spicy citrus and soy marinade ensures your flank steak will be perfectly tender when it comes off the grill.

Submitted by **Lisa Arlotti** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 20 mins

Cook Time: 10 mins

Additional Time: 1 day 10 mins

Total Time: 1 day 40 mins

Servings: 12

Ingredients

Marinade:

- $\frac{3}{4}$ cup orange juice
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{3}$ cup lime juice
- 1 bunch fresh cilantro, chopped
- $\frac{1}{2}$ cup soy sauce
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon ground paprika
- 1 tablespoon ground black pepper
- 1 teaspoon finely chopped canned chipotle pepper
- 1 teaspoon dried oregano
- $\frac{1}{2}$ cup olive oil

Carne Asada:

- 3 pounds flank steak

Directions

Step 1

Combine orange juice, lemon juice, and lime juice for marinade in a large glass or ceramic bowl. Add cilantro, soy sauce, garlic, chili powder, cumin, paprika, black pepper, chipotle pepper, and oregano; stir to combine.

Step 2

Slowly whisk in olive oil until well combined. Remove 1 cup of the marinade and place in a small bowl; cover with plastic wrap and refrigerate for use after the steak is cooked.

Step 3

Place steak between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound steak with the smooth side of a meat mallet to a thickness of 1/4 inch.

Step 4

After pounding, poke steak all over with a fork. Place steak in the marinade in the large bowl, cover, and marinate in the refrigerator for 24 hours.

Step 5

When ready to cook, preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Step 6

Remove steak from the marinade and shake off excess. Discard the remaining marinade.

Step 7

Cook steak on the preheated grill to desired doneness, about 5 minutes per side for medium-rare.

Step 8

Remove steak from grill and slice across the grain.

Step 9

Place on a serving platter and pour the reserved, unused marinade over top. Serve immediately.

Nutrition Facts

Per serving: 207 calories; total fat 14g; saturated fat 3g; cholesterol 25mg; sodium 640mg; total carbohydrate 6g; dietary fiber 1g; total sugars 2g; protein 15g; vitamin c 17mg; calcium 31mg; iron 2mg; potassium 309mg