



Big John's Flank Steak

Serves 4

- 1 Flank Steak (2-3 pound)
- 1 tablespoon ground mustard
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon salt
- ½ teaspoon cayenne
- ¼ teaspoon cinnamon
- 1 Cup Big John's Ol West® BBQ Sauce

Directions:

1. Combine all of the spices and rub generously on both sides of the flank steak. For best results, let the flank steak sit out for one hour before grilling.
2. Grill over hot fire to create grill marks. Lower the flame on the grill to medium low and continue to cook, turning often until internal temperature reached 130 degrees (for medium rare).
3. Brush the Big John's Ol West sauce over both sides of the flank steak and continue to grill for 2 minutes per side.

Serve with cole slaw, corn on the cob and a side of the Ol West sauce.

Enjoy! Chef Mike