



# **GFG STEAK**

**MAKES 4 SERVINGS**

## **INGREDIENTS**

**4 - 4OZ GRASS FED FLANK, SIRLOIN, OR FLAT IRON STEAKS**  
**SALT AND PEPPER**

## **METHOD**

**SPRINKLE EACH STEAK WITH SALT AND PEPPER. PLACE ON PREHEATED GEORGE FOREMAN GRILL; CLOSE LID. COOK 3-5 MINUTES, OR LONGER, DEPENDING ON HOW WELL DONE YOU LIKE YOUR STEAK.**