

Cowboy Steak with Chimichurri Sauce

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-steak-recipe-churrasco>

Ingredients:

- 2 pounds steak Cowboy, ", frenched beef rib steak
- salt
- pepper
- 1 1/2 cups fresh flat leaf parsley firmly packed, trimmed of thick stems
- 6 garlic cloves
- 3 tablespoons fresh oregano leaves
- 3 tablespoons white wine vinegar or red
- 3/4 cup olive oil
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon ground black pepper freshly

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 7 grams
3. Fat: 47 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 7 grams
7. Sodium: 1250 milligrams

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