Tonight, try a recipe from South America! Enjoy these Argentinean-style steaks with a homemade Criolla sauce, packed with flavor.

**Preparation time:** 25 minutes  
**Serves:** 4

**INGREDIENTS:**

For the sauce:
- 1 large, ripe tomato, cored, seeded and finely chopped (about ½ cup)  
- ¼ small red onion, finely chopped (about ¼ cup)  
- 2 tbsp finely chopped fresh parsley  
- 2 tsp extra virgin olive oil  
- 2 tsp red wine vinegar  
- ½ tsp minced garlic  
- ¼ tsp oregano leaf  
- ½ tsp low-sodium adobo seasoning  
- ¼ tsp crushed red pepper

For the steak:
- 1 lb skirt steak  
- ¼ tsp low-sodium adobo seasoning

**DIRECTIONS:**

1. For the sauce: In small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo and crushed red pepper; cover and refrigerate for at least 1 hour, or up to 48 hours.
2. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates. Cook, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare). Let rest for 5 minutes. Thinly slice steak.
3. Divide steak evenly among serving plates. Top with reserved Salsa Criolla.

**Serving Suggestions:**

Pair with Arepas, cornmeal patties popular in Colombia and Venezuela, and a healthy Quinoa Salad for a South American Steak Supper.

* This is an adapted Goya recipe. Find original recipes in the cookbook *The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking*. Photo credit: Goya.