

Glazed London Broil

Jan Craig

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2 flank steaks
3 tablespoons
Worcestershire sauce
2 tablespoons dry sherry
2 tablespoons sugar
2 tablespoons honey
2 teaspoons salt

Score the steaks and pierce them at one-inch intervals.

In a bowl, mix the Worcestershire, sherry, sugar, honey and salt.

Place the steaks in a sealable plastic bag. Pour the marinade sauce over the top. Seal the bag.

Marinate the steaks in the sauce for four to eight hours.

Grill the steaks over hot coals.

Slice diagonally and serve.

Per Serving (excluding unknown items): 652 Calories; 21g Fat (30.4% calories from fat); 40g Protein; 68g Carbohydrate; trace Dietary Fiber; 103mg Cholesterol; 4850mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Fat; 4 1/2 Other Carbohydrates.