

# Super Marinated Round Bone Roast

*Jim D'Wolf*

*The Church of St. Michael and St. George - St. Louis, MO - 1985*

*4 pound (2 inch) bone roast  
1/2 cup Worcestershire  
sauce  
juice of two limes  
1 cup soy sauce  
ground pepper*

Place the Worcestershire sauce, lime juice and soy sauce in a sealable plastic bag. Add the roast to the bag. Seal the bag.

Marinate for twenty-four hours.

Sprinkle with pepper.

Broil over hot charcoal for 10 minutes on each side for medium doneness. Vary cooking time to suit taste.

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Per Serving (excluding unknown items): 249 Calories; trace Fat (0.8% calories from fat); 17g Protein; 46g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17635mg Sodium. Exchanges: 6 Vegetable; 1 1/2 Other Carbohydrates.