
Joanie`s Marinated Grilled Steak

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

juice of one lemon

1/2 cup soy sauce

3 tablespoons vegetable oil

2 tablespoons Worcestershire sauce

1 clove garlic, minced

pepper

chopped green onion

2 pounds flank steak

In a roasting pan, mix the lemon juice, soy sauce, vegetable oil, Worcestershire, garlic, pepper and green onion. Mix well. Place the steak in the roasting pan.

Marinate the steak, turning occasionally, for four to twelve hours in the refrigerator.

Broil the meat over hot coals to the desired doneness.

Beef

Per Serving (excluding unknown items): 517 Calories; 34g Fat (60.1% calories from fat); 46g Protein; 5g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 2289mg Sodium. Exchanges: 6 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.