
Marinated London Broil

Margaret Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 two to three pound London Broil

1 can beer

1/2 cup peanut oil

1 teaspoon dry mustard

1 teaspoon ginger

1 teaspoon Worcestershire sauce

1 tablespoon sugar

2 tablespoons orange marmalade

1 teaspoon garlic powder

salt (to taste)

pepper (to taste)

In a bowl, mix the beer, peanut oil, mustard, ginger, Worcestershire sauce, sugar, orange marmalade, garlic powder, salt and pepper. Mix well. Place the marinade into a large Zip-Loc plastic resealable bag. Add the meat to the bag. Seal the bag. Turn the bag several times to thoroughly cover the meat with marinade sauce.

Refrigerate for twenty-four hours, turning the meat at least twice.

Barbecue, brushing frequently with the marinade.

Beef

Per Serving (excluding unknown items): 1932 Calories; 162g Fat (78.6% calories from fat); 43g Protein; 57g Carbohydrate; 3g Dietary Fiber; 159mg Cholesterol; 231mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 29 Fat; 2 1/2 Other Carbohydrates.