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# Marinated Steak

*Anna Rogers - Stapleton, NE*

*Olde Family Favorites - Order of the Eastern Star -1965*

Servings: 4

**2 cloves garlic, crushed**

**1/2 cup soy sauce**

**1/4 cup brown sugar**

**2 tablespoons olive oil**

**1/4 teaspoon pepper**

**4 T-Bone steaks**

In a jar, combine the garlic, soy sauce, sugar, olive oil and pepper. Shake well.

Place the steaks in a bowl. Pour the marinade over the steaks. Marinate for one hour or overnight.

Broil the steaks over charcoal or in an oven, basting often with the marinade.

## **Beef**

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*Per Serving (excluding unknown items): 338 Calories; 23g Fat (60.4% calories from fat); 21g Protein; 12g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 2115mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 3 Fat; 1/2 Other Carbohydrates.*