

Our Favorite Marinated Steaks

*Ricky S Cauthen - Lancaster, SC
Treasure Classics - National LP Gas Association - 1985*

Servings: 4

*4 medium filet steaks
2/3 cup soy sauce
1/3 cup garlic-wine vinegar
1 tablespoon parsley
1 teaspoon paprika
1 tablespoon lemon pepper
seasoning (or 1 teaspoon
lemon juice) (optional)
1 tablespoon catsup*

Preparation Time: 15 minutes**Grill: 20 minutes**

In a bowl, mix the soy sauce, vinegar, parsley, paprika, lemon pepper seasoning and catsup.

Place the steaks in a bowl with cover or a large zip-lock bag. Pour the marinade over the steaks. Seal.

Marinate for at least twenty-four hours, turning several times.

Cook on a grill to your liking.

*This also works for flank
and sirloin steaks.*

Per Serving (excluding unknown items): 31 Calories; trace Fat (3.6% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2761mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.