
Savory London Broil

Stephanie Brenner - New York

North American Potpourri - Autism Directory Service, Inc1993

5 to 8 ounces soy sauce
3 to 4 ounces pineapple juice
3 to 4 ounces vinegar
1/3 to 1/2 cup brown sugar
1 teaspoon garlic powder
5 pounds London Broil meat

In a saucepan, bring to a boil the soy sauce, pineapple juice, vinegar, brown sugar and garlic powder. Mix well. Remove from the heat.

Place the meat in a non-metal bowl or large sealable plastic bag. Add the marinade. Seal and marinate the meat for at least two hours on each side (overnight is ideal).

Grill or broil the meat for 5 minutes on each side. Baste occasionally.

(This marinade is also great when used with other meats and fish. Add 1/2 teaspoon of ginger if used with fish.)

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 1473 Calories; 2g Fat (1.0% calories from fat); 77g Protein; 317g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 82330mg Sodium. Exchanges: 0 Grain(Starch); 29 Vegetable; 7 Fruit; 6 Other Carbohydrates.