
Teriyaki Steak

Tamela Collins

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

1/4 cup oil

1/4 cup vinegar

1/4 cup soy sauce

1/2 cup honey

1 tablespoon ground ginger

1 to 2 cloves garlic, finely chopped

2 to 3 pounds flank or round steak

In a bowl, mix the oil, vinegar, soy sauce, honey, ginger and garlic. Mix well. Pour over the steak.

Marinate overnight in the refrigerator, turning the steak over several times.

Grill or broil until cooked to your satisfaction.

Serve with wild rice.

Beef

Per Serving (excluding unknown items): 1067 Calories; 55g Fat (43.7% calories from fat); 5g Protein; 154g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4124mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 11 Fat; 9 1/2 Other Carbohydrates.