
London Broil in Marinade

Marie Merkitch

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

1 three pound London broil or flank steak

1 teaspoon ginger

1 teaspoon garlic powder

1 teaspoon dry mustard

1/2 cup cooking oil

1/2 cup soy sauce

Preheat the broiler.

In a bowl, combine the ginger, garlic powder, dry mustard, cooking oil and soy sauce. Mix well. Transfer the mixture to a large zip-loc bag. Place the meat into the plastic bag and seal. Turn the bag to thoroughly cover the meat.

Marinate the meat for at least three hours, turning once.

Remove the meat from the bag, Place on the broiler or barbecue for 15 minutes on one side and 7 minutes on the other. Brush the marinade over the meat frequently.

Beef

Per Serving (excluding unknown items): 1062 Calories; 110g Fat (91.0% calories from fat); 9g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8231mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 22 Fat.