

Cowboy Marinade

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1/2 cup Lea & Perrins Original Worcestershire sauce

1/4 cup Heinz Apple Cider Vinegar

1/4 cup olive or vegetable oil

1/2 cup onion, finely chopped

1/2 teaspoon garlic powder

1/2 teaspoon chili powder

1/4 teaspoon salt

In a medium bowl, mix together the Worcestershire, vinegar, oil, onion, garlic powder, chili powder and salt.

Place your favorite meat or poultry in the marinade and turn until well-coated.

Cover and marinate in the refrigerator for at least 30 minutes, turning occasionally.

Remove the meat or poultry from the refrigerator, reserving the marinade.

Grill or broil the meat to the desired doneness, basting frequently for the first 5 to 10 minutes.

Discard the remaining marinade.

Per Serving (excluding unknown items): 39 Calories; trace Fat (7.2% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 548mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.