

Prize-Winning Chuck Roast Marinade

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*1 (2 to 3-pound) chuck roast
or steak*

1/2 cup soy sauce

1 cup orange juice

1 tablespoon lemon juice

1 teaspoon sugar

1 clove garlic, minced

1/2 teaspoon powdered

ginger

salt

pepper

Sprinkle the chuck with salt and pepper. Place in a shallow glass dish.

In a bowl, combine the soy sauce, orange juice, lemon juice, sugar, garlic, ginger, salt and pepper. Pour over the meat. Marinate for at least twelve hours (overnight is best), turning several times.

Remove the meat from the marinade and place on a barbecue grill, four to five inches above medium coals (you may also broil in the oven). Cook for about 20 minutes on each side for medium (less for rare). Reserve the sauce. Cut the meat into slices across the grain. Serve with the sauce.

Per Serving (excluding unknown items): 212 Calories; 1g Fat (2.5% calories from fat); 9g Protein; 45g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8233mg Sodium. Exchanges: 3 Vegetable; 2 Fruit; 1/2 Other Carbohydrates.