

# Soy Marinade

Ruby Wilcox

*The Pennsylvania State Grange Cookbook (1992)*

**Yield: 1 1/2 cups**

*1/2 cup soy sauce*

*1/2 cup lemon juice*

*1/2 cup oil*

*3 tablespoons catsup*

*3 or 4 cloves garlic, minced*

*1/4 teaspoon pepper*

In a bowl, combine the soy sauce, lemon juice, oil, catsup, garlic and pepper. Mix well.

*Use to marinate tender cuts of meat for six hours to overnight.*

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Per Serving (excluding unknown items): 1132 Calories; 109g Fat (83.8% calories from fat); 9g Protein; 38g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8766mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Vegetable; 1/2 Fruit; 22 Fat; 1 Other Carbohydrates.