

Two Pepper Marinade

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Preparation Time: 5 minutes

Cook time: 30 minutes

2/3 cup Lea & Perrins Original Worcestershire sauce

1/4 cup olive or vegetable oil

1/4 cup white wine vinegar

1 1/4 cups onion, finely chopped

1 teaspoon ground black pepper

1/2 teaspoon ground white pepper

1/4 teaspoon salt

In a bowl, combine the Worcestershire, oil, vinegar, onion, black pepper, white pepper and salt. Mix well.

Cover the marinade.

Place in refrigerator until needed.

To marinate steaks, place 3/4 cup of the marinade in a zip-top bag. Add the steaks and turn to coat. Marinate in the refrigerator at least 30 minutes. Remove the steaks. Refrigerate unused marinade for future use.

Grill or broil the steaks to desired doneness, brushing frequently with the refrigerated marinade.

Per Serving (excluding unknown items): 93 Calories; trace Fat (3.4% calories from fat); 3g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 540mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fat; 0 Other Carbohydrates.