

Grillin' Gone **WIID**

London Broil



Prep Time: 15 Minutes | **Ready In:** 8 Hours 30 Minutes
Cook Time: 15 Minutes | **Servings:** 6

"The secret to making less expensive cuts of meat tender is a good marinade. This one fits the bill. Mix up soy sauce, vegetable oil, ketchup, oregano, and three cloves of garlic, and then marinate the meat overnight. Grill, and slice on the diagonal."

INGREDIENTS:

3 cloves garlic, minced	1 teaspoon dried oregano
1/2 cup soy sauce	1 teaspoon ground black pepper
2 tablespoons vegetable oil	1 (2 pound) flank steak or round steak
2 tablespoons ketchup	

DIRECTIONS:

1. In a small bowl, mix together garlic, soy sauce, oil, ketchup, oregano, and black pepper. Pierce meat with a fork on both sides. Place meat and marinade in a large resealable plastic bag. Refrigerate 8 hours, or overnight.
2. Preheat grill for medium-high heat.
3. Lightly oil the grill grate. Place steak on the grill, and discard marinade. Cook for 5 to 8 minutes per side, depending on thickness. Do not overcook, as it is better on the rare side.

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