

BBQ Steak with Marinade

You'll Need: Tongs, brush, a barbecue, food processor

Preparation Time: 3 hours to marinade

Cooking Time: 20 minutes

Ingredients	Amount for 8 Servings
Onion, chopped	1 small
Fresh garlic, chopped	7 cloves
Olive oil	½ cup
White vinegar	½ cup
Soy sauce	½ cup
Rosemary	2 tablespoons
Dijon mustard	2 tablespoons
Salt	2 teaspoons
Pepper	1 teaspoon
Steak	2 pounds

Method:

Step 1: Place all ingredients except for the steak into the bowl of a food processor. Process until smooth. Place steak in a large re-sealable plastic bag. Pour marinade over steaks, seal, and refrigerate for 3 hours. **Step 2:** Preheat the grill for high heat. **Step 3:** Brush grill grate with oil. Discard marinade, and place steak on the prepared grill. Cook for 7 minutes per side, or to desired doneness.

Nutrients per Serving:

Calories: 440g

Fat: 35g

Sodium: 1500mg

Carbohydrates: 5g

Fiber: 1g

Protein: 25g