



London Broil

Ingredients:

- 2 pounds beef top round or flank steak
- ½ cup Balsamic vinegar
- 1 Tbsp Low sodium Soy Sauce
- 1 tsp ginger
- 1 clove of garlic, minced
- Fresh ground pepper, to taste
- 1 Tbsp olive oil

Directions:

Trim all outside fat from beef. Make diagonal cuts into meat about 1/8-inch deep in crisscross pattern across both sides. Mix marinade ingredients in a non corrodible pan or baking dish; add meat and turn 2-3 times to coat. Cover and let stand at least 15 minutes; if possible refrigerate and let stand 2 hours or more (up to 24 hours in advance). Turn meat over at least once while it stands. Preheat a broiler pan with rack, with the broiler set on high. Remove meat from pan of marinade, place on broiler pan, and sprinkle with pepper to taste. Place meat about 4-5 inches from broiler; cook 5-7 minutes on each side. Cooking time depends on desired degree of doneness and thickness of meat. When done, transfer meat to a platter. Let stand for about 2-3 minutes to redistribute the inner juices of the meat. To serve: slice beef in thin slices cut on the diagonal for maximum tenderness. **Serves 8**

Nutrition Facts Per Serving:

Calories	200	Saturated Fat	3 gm	Carbohydrate	3 gm
Fat	8 gm	Sodium	130 mg	Fiber	0 gm

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