

GENIUS KITCHEN

"ANT" KELLY'S LONDON BROIL MARINADE

Recipe by KJK 5

PREP TIME: 20 mins**TOTAL TIME:** 3 hrs 20 mins**SERVES:** 3-5

Photo by DianaEatin

ABOUT THIS RECIPE

"My niece Shwana loves this! She always writes my name "Ant" Kelly when we play Rummy or Scrabble - started when she was little and stuck. I always make this when we go tubing in Wisconsin. Prep time includes time to marinate."

INGREDIENTS

1/4 cup balsamic vinegar

1/4 cup soy sauce

2 tablespoons Worcestershire sauce

1/4 cup olive oil

2 garlic cloves, Crushed

1 teaspoon rosemary

1/4 teaspoon fresh ground black pepper

2 lbs london broil beef (approx)

DIRECTIONS

Mix all marinade ingredients together.

Lightly score meat in a diamond pattern on each side.

" Ant" Kelly's London Broil Marinade (cont.)

DIRECTIONS

Place meat in a resealable bag. Pour in marinade. Squish meat and marinade around to get all the nool crannies.

Marinate in refrigerator 2-3 hours or up to 24 hours, rotating occasionally.

20-30 minutes before cooking take meat out of the refrigerator to come up in temperature.

Cook in the broiler or on the grill 5-7 minutes per side depending on thickness and desired doneness.

For camping - Place the fresh London broil and marinade in a zipperbag, squeeze out as much air as seal, place inside a vacuum pack bag. Vacuum pack and freeze (I like to vacuum pack the zipper back against leaks in the cooler). Put frozen in the camping cooler, after a day or two it is defrosted and can cooked on the grill with minimal preparation and mess..

NUTRITION INFO

Serving Size: 1 (227 g)

Servings Per Recipe: 3

AMT. PER SERVING	% DAILY VA
Calories 673.5	
Calories from Fat 357	
Total Fat 39.7g	
Saturated Fat 11.5g	
Cholesterol 196.5mg	
Sodium 1620.6mg	
Total Carbohydrate 7.9g	
Dietary Fiber 0.3g	
Sugars 4.7 g	
Protein 66.9g	

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