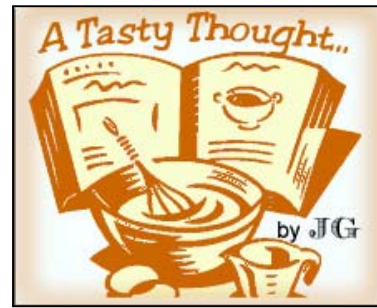


A Recipe compliments of



TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD



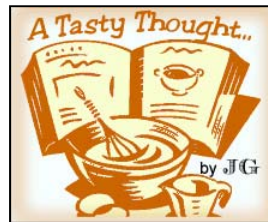
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Luscious London Broil

Enjoying slices of grilled Luscious London Broil is a great treat in the warm weather. The meat is marinated in a tangy blend of lemon juice and lime juice plus herbs. All of the ingredients (minus the mustard) are placed in a Gallon Size Ziploc Freezer Bag and refrigerated. Served along with tasty cold salads, dinner in the summer is quick and easy!

Ingredients

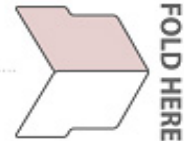
- (1) London Broil about 1½ Lbs.
- ¾ Cup of Lemon Juice (I use Realemon.)
- ¼ Cup of Lime Juice (Realemon.)
- 2 TBS. each Parsley & Chopped Onion
- About ¼ tsp. each Garlic Powder, Pepper, Basil & Oregano
- 2 Bay Leaves
- Gulden's Mustard



Method

1. Combine all ingredients but the mustard in a Gallon size Ziploc Freezer Bag.
2. Carefully remove air from the Ziploc Bag.
3. ZIP the Ziploc Bag closed and place in a baking dish.
4. Refrigerate for 3 hours.
5. Turn the closed Ziploc Bag over and refrigerate for 2 – 3 hours.
6. Remove the meat from the bag and place on a large plate.
7. Spread about 2 TBS. Gulden's Mustard on top.
8. Place this "mustard side" down on the grill.
9. Very carefully spread about 2 more TBS. of Gulden's Mustard on top of the meat.
10. Grill each side of meat to desired doneness.
11. Remove London Broil from grill and place on a clean plate.
12. Slice on the diagonal and serve.

Enjoy!!!
JG



A Tasty Thought by JG

JG is an expert cook with over 30 years of experience who has been sharing her favorite family recipes on LongmeadowBiz. Her recipes are simple while the results are outstanding.



Check out my blog for additional hints/ recipes at <http://www.atastythought.blogspot.com/>