

Jerk-Rubbed London Broil

Family Circle Magazine - October 1, 2011

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 52 minutes

Cook time: 25 minutes

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon sugar

1 teaspoon dried thyme

1 teaspoon ground allspice

1 teaspoon black pepper

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

1/4 teaspoon ground cloves

1 1/2 pounds top round for London Broil

In a small bowl, mix together the garlic powder, onion powder, sugar, thyme, allspice, black pepper, cayenne, salt and cloves.

Press the rub evenly into both sides of the london broil.

Place in a resealable plastic food-storage bag.

Refrigerate 4 hours or overnight.

Preheat the broiler.

Coat a broiler pan with nonstick cooking spray.

Broil the steak for 6 minutes.

Turn and broil 5 to 6 minutes more or until internal temperature registers 135 degrees on an instant-read thermometer for medium-rare.

Let rest 5 minutes before slicing.

Per Serving (excluding unknown items): 9 Calories; trace Fat (9.5% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 0 Other Carbohydrates.