

Steak House Marinated Sirloin

Southern Living Best Barbecue Recipes - June 2011

Servings: 6

Preparation Time: 15 minutes

Grill Time: 20 minutes

1/2 cup dark beer

2 tablespoons olive oil

1 tablespoon Worcestershire sauce

1 tablespoon steak sauce

1 teaspoon lemon zest

1/2 teaspoon salt

1/4 teaspoon ground pepper

1 1-pound boneless top sirloin steak

1/2 teaspoon salt

1/2 teaspoon coarsely ground pepper

In a large shallow dish or zip-top plastic freezer bag, whisk together the beer, olive oil, Worcestershire sauce, steak sauce, lemon zest, 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Pierce the steak several times with a fork and place in the marinade. Turn the steak to coat.

Cover or seal and chill at least four hours or up to six hours, turning occasionally.

Preheat the grill to 350 to 400 degrees (medium-high) heat.

Remove the steak from the marinade. Discard the marinade.

Pat the steak dry and sprinkle with salt and pepper.

Grill the steak, covered with the grill lid, for 4 minutes on each side or to desired degree of doneness.

Remove the steak from the grill and let stand for 10 minutes before slicing,

Per Serving (excluding unknown items): 44 Calories; 5g Fat (89.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 416mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 Fat; 0 Other Carbohydrates.