

London Broil

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Totland College Nursery School - Braintree, MA (1978)

*1 london broil
1 bottle French dressing
1 large onion, quartered
1/2 teaspoon pepper
1 clove garlic, crushed*

pierce the meat with a fork several times on each side.

Place the meat into a marinating pan or large ziploc bag.

Add the French dressing, onion, pepper and garlic to the bag. Marinate at least overnight and up to two days.

Broil or grill to the desired doneness.

Per Serving (excluding unknown items): 707 Calories; 54g Fat (69.5% calories from fat); 42g Protein; 11g Carbohydrate; 2g Dietary Fiber; 159mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 2 Vegetable; 7 1/2 Fat.