
Beef Marinade

Debby Smiley

Servings: 25

Preparation Time: 15 minutes

Rating: 9

Original recipe: Mecco grill owner's manual 1978

Only make what will be used up in a month or less; half recipe. Apparently bacteria can grow in it when stored for long periods.

1 1/4 cups salad oil

3/4 cup soy sauce

1/4 cup worcestershire sauce

2 tablespoons dry mustard

1/4 teaspoon salt

1/2 cup wine vinegar

1 1/2 teaspoons parsley flakes

2 cloves garlic, crushed

1/3 cup lemon juice, fresh

Combine all ingredients and mix well. Makes 3.5 cups. Cover the meat with the marinade and chill several hours before cooking. Drain off all liquid and allow meat to come to room temperature before barbecuing.

Beef, Miscellaneous

Per Serving (excluding unknown items): 106 Calories; 11g Fat (90.8% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 539mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.