WHAT'S COOKING IN THE MARKET?
Herb Broiled Beef

Servings: 4

Ingredients

1/4 cup onion (chopped)

2 tablespoons parsley

2 tablespoons white vinegar

1 tablespoon prepared mustard

1/4 teaspoon garlic powder

1/4 teaspoon basil, dried (or thyme), optional (analyzed using basil)

1 pound boneless beef chuck shoulder steak, cut 1-inch thick

Directions

1. Mix onion, parsley, vinegar, mustard, garlic powder and basil or thyme.
2. Place meat in plastic bag and pour in marinade.
3. Close bag securely, place in a bowl and marinate in refrigerator six to eight hours or overnight, turning at least once.
4. Pour off marinade and discard. Place meat on rack in broiler.
5. Broil 15 to 20 minutes or until desired doneness, turning once.
6. Cut into thin slices to serve.

NUTRITION INFORMATION

Key Nutrients	Amount	% Daily Value
Total Calories	330	
Total Fat	21 g	32%
Saturated Fat	8 g	40%
Trans Fat		
Cholesterol		
Sodium	65 mg	3%
Carbohydrates	2 g	1 %
Dietary Fiber	1 g	4 %
Sugars		
Protein	31 g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [ ] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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