

Classic London Broil

Ingredients

- 1 clove garlic, minced
- 1 teaspoon salt
- 3 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon vegetable or canola oil
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 4 pounds thick flank steak

Directions

1. In a small bowl, mix together garlic, salt, soy sauce, ketchup, vegetable oil, black pepper and oregano.
2. Pierce the steak on both sides repeatedly with a fork. Rub garlic mixture into both sides of the meat. Place in airtight zipper bag, and refrigerate for 5 to 6 hours, or overnight. Flip meat every few hours.
3. Preheat an outdoor grill for high heat, and lightly oil grate.
4. Place meat on the prepared grill. Cook for 3 to 7 minutes per side, or to desired doneness (135 degree internal temperature for medium rare).
5. Remove from grill and allow to rest for 8 minutes. Thinly slice against the grain of the meat and serve.

Enjoy!



