

The Everything Marinade

Author: [Lindsay](#) Total Time: 5 minutes Yield: 4 servings 1x

The Everything Marinade! All you need is a few pantry ingredients and a jar, and you've got heavenly, smokey-sweet, savory flavor that goes with just about any vegetable or protein.



INGREDIENTS

- 1/4 cup **olive oil**
- 1/4 cup **maple syrup**
- 1/4 cup **soy sauce**
- 2 tablespoons **balsamic vinegar**
- 1 teaspoon **smoked paprika**
- 1/2 teaspoon **cumin**
- 1/2 teaspoon **Italian seasoning**
- 1/2 teaspoon **onion powder**
- 1/2 teaspoon **garlic powder**
- **salt** and **black pepper** (*to taste*)

INSTRUCTIONS

1. Whisk all ingredients or shake in a jar until combined.
2. SO MANY OPTIONS. See notes for all the ways to use this magic.

NOTES

Pork: We used pork chops and loved it. Marinate for at least 1 hour, up to overnight. Grill, pan fry, do your thing, brushing the pork with a little reserved sauce during cooking to make it extra juicy and yummy.

Chicken: We used chicken thighs and loved it. Marinate for at least 1 hour, up to overnight. Pan fry, bake, or cook in the Instant Pot for 15 minutes. Shred or chop the chicken for a salad or add-in to another recipe, or just... eat the chicken thighs!

Tofu: We used extra firm tofu and loved it. For best results, squeeze all the water out of the block of tofu and then marinate the intact block of tofu overnight. The next day, cut the block into cubes and pan-fry, brushing with reserved marinade.

Portobello Mushroom Caps: My personal favorite! Marinate for 30 minutes to 1 hour. Grill or pan-fry until nice and roasty and sticky and juicy.

Veggies: Works great with just about any veggies, no instructions needed.

Beef: This was the only thing we tried that we didn't love with this marinade.

NUTRITION FACTS

Serves 4

Calories Per Serving: **197**

				% DAILY VALUE			
Total Fat 14.2g	18%	Cholesterol 0mg	0%	Sodium 424.6mg	18%	Total Carbohydrate 17.7g	6%
Dietary Fiber 0.4g	1%	Sugars 14g		Protein 1.5g	3%	Vitamin A 14.6µg	2%
Vitamin C 0.1mg	0%	Iron 0.5mg	3%	Potassium 526.6mg	11%	Phosphorus 20.8mg	2%

Find it online: <https://pinchofyum.com/the-everything-marinade>