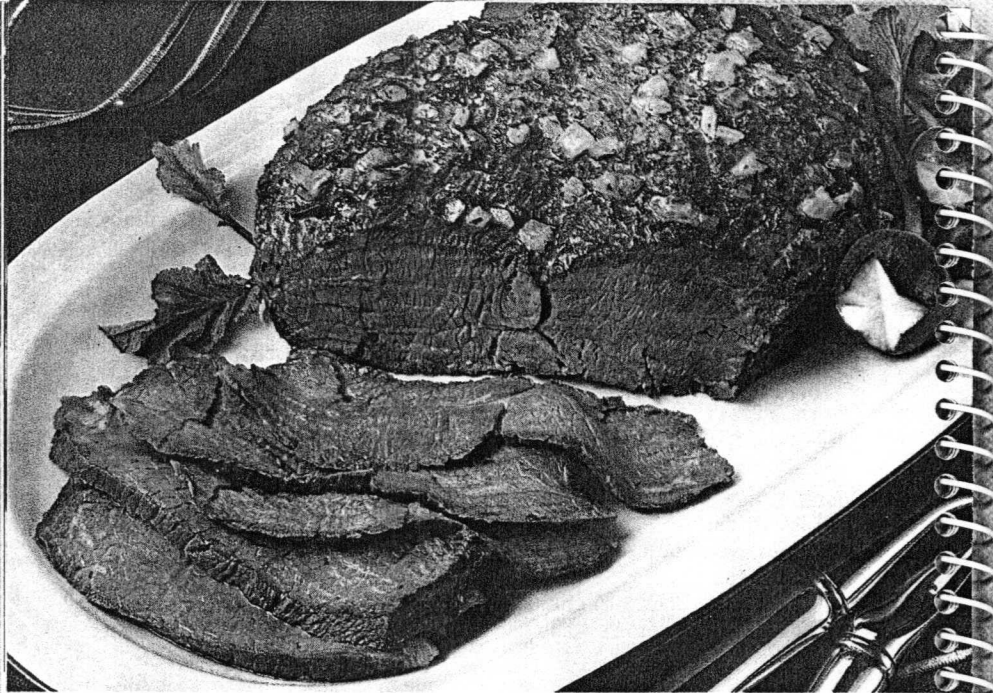


Low
Calorie,
Fat &
Cholesterol
Cookbook,
Favorite
All Time
Recipes,
Publications
International
Ltd.,
1994.



Herb-Marinated Chuck Steak

Herb-Marinated Chuck Steak

Low Sodium

Makes 4 servings

- 1 pound boneless beef chuck shoulder steak, cut 1-inch thick
- ¼ cup chopped onion
- 2 tablespoons each chopped parsley and white vinegar
- 1 tablespoon vegetable oil
- 2 teaspoons Dijon-style mustard
- 1 clove garlic, minced
- ½ teaspoon dried thyme leaves

Combine onion, parsley, vinegar, oil, mustard, garlic and thyme. Place beef chuck shoulder steak in plastic bag;

add onion mixture, spreading evenly over both sides. Close bag securely; marinate in refrigerator 6 to 8 hours (or overnight, if desired), turning at least once. Pour off marinade; discard. Place steak on rack in broiler pan so surface of meat is 3 to 5 inches from heat source. Broil about 16 minutes for rare and about 18 minutes for medium, turning once. Carve steak diagonally across the grain into thin slices. Garnish as desired.

Nutrients per serving:

Calories	216	Sodium	94 mg
Fat	10 g	Cholesterol	85 mg

Favorite recipe from National Livestock and Meat Board

or
Sirloin
steak

can omit
parsley,
can use
apple cider
vinegar
instead
of
white
vinegar.