Teriyaki-Marinated Beef Steak

A three ingredient marinade featuring teriyaki sauce, sherry and fresh ginger give lots of flavor to steak before it hits the grill!

30 Min | 6 Servings | 42 Cal | 26g Protein

INGREDIENTS

1 beef Bottom Round Steak, cut 1-1/4 inch thick (About 1-1/4 to 1-1/2 pounds)

3/4 cup prepared teriyaki marinade and sauce

2 tablespoons dry sherry

1 tablespoon minced fresh ginger

COOKING

1. Combine marinade ingredients in small bowl. Place beef Botton Round Steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 18 to 20 minutes (over medium heat on preheated gas grill, covered, timings remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.) Carve steak into thin slices.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		6.2g	67mg		5.8g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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