

International Steak Marinade



Plan Z Phase: This is a Z2 (ZReduction) recipe submitted by Plan Z dieter Amy.

Servings: Serves 4-6

Ingredients:

- 2 pounds steak
- 1 clove garlic, quartered or minced jar garlic
- 2 teaspoons salt
- 1 1/2 tablespoons Bragg's Aminos
- 2 tablespoon tomato paste
- 1 tablespoon beef broth or water
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano

Instructions:

Remove fat from steak and score both sides by cutting 1/4 inch deep diagonal slices forming a diamond pattern.

Mash garlic with salt. Add soy sauce, tomato paste, broth, pepper and oregano. Mix well and rub into steak.

Wrap in waxed paper and let stand in refrigerator 5 to 6 hours,

or overnight. Broil or barbecue to desired degree of doneness.

Enjoy!

Cheers,