Ginger-Soy Marinated Top Round Steak

35 MIN	4 SERVINGS	180 CAL	28 G PROTEIN



Total Time: 35 min

Ingredients:

- [ ] 1 beef Top Round Steak, cut 3/4 inch thick (1 pound)

Marinade:

- [ ] 1/3 cup soy sauce
- [ ] 2 tablespoons fresh lemon juice
- [ ] 2 tablespoons honey
- [ ] 1 tablespoon minced garlic
- [ ] 2 teaspoons minced fresh ginger
- [ ] 1 teaspoon freshly grated lemon peel

Cooking:

1. Combine marinade ingredients in small bowl. Place beef Top 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 rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)
3. Carve steak into thin slices.

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