



Marinated Meat

Ingredients

- 1/3 C olive oil
- 2 minced garlic cloves
- 2T red wine or balsamic vinegar
- 1/3C liquid aminos
- 1/4C honey
- 1/2t fresh ground pepper
- 2 lbs meat (flank steak, pork roast, chicken thigh or breast, etc)

Preparation

1. Combine marinade and place in a plastic bag with meat. Refrigerate for 2 hours up to 24.
2. Grill or broil meat on medium high until desired doneness.
3. If cooking in cast iron, pre-heat on medium high, sear both sides, then place in 500*, until preferred doneness.

Tips

Combine with salads, roasted vegetables, mashed potatoes, coleslaw or any side of choice.

Even though the marinade is the same, different types of meat will taste unique.