

# LONDON BROIL

## Ingredients:

- 1 (2 1/2 pound) tri-tip London Broil**
- 1/4 cup red wine vinegar**
- 1/4 cup dry red wine**
- 2 tablespoon olive oil**
- 2 tablespoons Worcestershire sauce**
- 2 tablespoons soy sauce**
- 2 tablespoon whole-grain mustard**
- 1 teaspoon coarsely ground black pepper**
- 4 cloves garlic, Crushed**



- Place the London Broil steak in a large, plastic re-sealable bag.
- In a large glass measuring cup combine red wine vinegar, red wine, olive oil, Worcestershire, soy sauce, mustard, salt, pepper, and garlic.
- Pour the marinade into the bag with the steak.
- Seal the bag and place in a large baking dish.
- Marinate in the refrigerator for at least 8 hours).
- Remove the steak from the marinade and pat dry with paper towels.
- Preheat large frying pan,
- Place the steak in frying pan and sear on both sides.
- Transfer to the broiler and cook on each side for about 6 minutes.
- Transfer the London Broil to a cutting board. Cover and let stand for 8 min.
- Slice diagonal across the grain.
- Serve with a steak sauce.