

London Broil

London/Texas broil

2 t. unseasoned meat tenderizer

1 c. vinegar

3 T. lemon juice

1 bay leaf crushed

2 T. instant minced onion or 1 chopped fresh onion

2 t. thyme

2 t. marjoram

¼ c. cracked black pepper

Season meat with meat tenderizer – pierce with fork. Make marinade with remaining ingredients except pepper. Place meat in a Tupperware and pour marinade over meat. Marinate 4 – 12 hours. Cover with cracked pepper and barbecue turning every 5 minutes till done.