



Best Steak Marinade in Existence



This is a family recipe that has been developed only over the last 5 years. In this short time it's made me famous in our close circle, but until now I've never shared it with anyone.

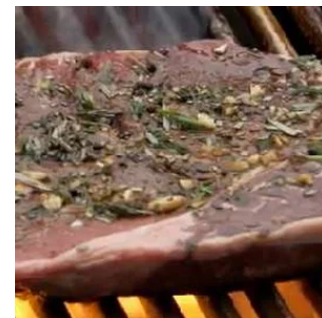
By Kookie

Prep: 15 mins

Total: 15 mins

Servings: 8

Yield: 1 1/3 cups



Ingredients

- 1/3 cup soy sauce
- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 tablespoons garlic powder
- 3 tablespoons dried basil
- 1 1/2 tablespoons dried parsley flakes
- 1 teaspoon ground white pepper
- 1/4 teaspoon hot pepper sauce (Optional)
- 1 teaspoon dried minced garlic (Optional)

Directions

Step 1

Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.

Step 2

Pour marinade over desired type of meat. Cover, and refrigerate for up to 8 hours. Cook meat as desired.

Nutrition Facts

Per Serving: 145 calories; protein 1.4g; carbohydrates 5.6g; fat 13.6g; sodium 688mg.

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