

Texas

Herb Broiled Beef

Featured Food: Beef

Makes: 4 servings

Ingredients

- ¼ cup onion, chopped
- 2 tablespoons parsley
- 2 tablespoons white vinegar
- 3 teaspoons yellow mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon basil, dried
- 1 pound boneless beef chuck steak, 1-inch thick



Directions

1. For the marinade: mix onion, parsley, vinegar, mustard, garlic powder, and basil in a bowl.
2. Place meat in the bowl and marinate in refrigerator for 6-8 hours or overnight.
3. Remove meat from marinade and place on rack in broiler.
4. Broil 15-20 minutes or until desired doneness, turning once.
5. Cut into slices to serve.

Recipe from: *Eat for Health Toolkit*, Recipe by Missouri Nutrition Network, adapted by the USDA Food and Nutrition Administration.

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