

Teriyaki-Marinated Beef Steak

A three ingredient marinade featuring teriyaki sauce, sherry and fresh ginger give lots of flavor to steak before it hits the grill!



INGREDIENTS

- 1 beef Bottom Round Steak, cut 1-1/4 inch thick (About 1-1/4 to 1-1/2 pounds)
- 3/4 cup prepared teriyaki marinade and sauce
- 2 tablespoons dry sherry
- 1 tablespoon minced fresh ginger



30 Min



6

Servings



42 Cal



26g

Protein

COOKING

1. Combine marinade ingredients in small bowl. Place beef Bottom Round Steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 18 to 20 minutes (over medium heat on preheated gas grill, covered, timings remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.) Carve steak into thin slices.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		6.2g	67mg		5.8g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com