

London Broil with Rosemary

A great twist on a traditional London Broil!

Serves 4-6

1 London Broil (about 1 ½ to 1 ¾ pounds)
½ c low sodium soy sauce
½ c olive oil
¼ c honey
1 tsp salt
1 tsp coarse black pepper
1 tsp crushed rosemary
6 cloves garlic

Score meat on diagonals in both directions. pour sauce over meat and marinate for a few hours inside the fridge. Let sit for a ½ hour outside the fridge. Bake at 400 – keeping an eye on the meat.

This dish can be made with turkey as well. If you're using turkey, cook it at 350 for an hour.