

## Steak Marinade

**Yield:** 1 quart (enough for 6-9 lb steak)

*After marinating, steak can be grilled or broiled.*

Ingredients	Measure	Nutrition per Tbsp	
Water	1 quart	Calories	15
Med-Diet <sup>®</sup> Low Sodium Bar-B-Q Sauce Mix	3 oz (½ cup)	Total Fat g	1
Med-Diet <sup>®</sup> Low Sodium Beef Soup Base	3 oz (½ cup)	Saturated Fat g	0
Olive oil	2 oz (¼ cup)	Cholesterol mg	0
Garlic powder	1 tsp	Sodium mg	55
		Carbohydrate g	2
		Fiber g	0
		Sugar g	1
		Protein g	0

### Preparation

1. In large, shallow container, whisk together all ingredients until blended. Add steak; turn to coat.
2. Cover; refrigerate steak at least 1 hour to marinate.
3. Remove steak from marinade; discard marinade. Cook steak as desired.

### Product Information

Product	Case Pack	Yield	Product Code
Med-Diet <sup>®</sup> Low Sodium Bar-B-Q Sauce Mix	6 – 20 oz	3 gal	K9192
Med-Diet <sup>®</sup> Low Sodium Beef Soup Base	6 – 16 oz	42 gal	K9196