

THE MARKET

SUMMERFIELD FARMS

MARINATED AND GRILLED LONDON BROIL

INGREDIENTS

2 lbs 100% Grass-fed London Broil

1/2 cup coconut aminos

3 tablespoons sesame oil

7 crushed Summerfield Farms certified organic garlic cloves, no skin

1-2 tablespoons black pepper (depending on preferred spice level)

DIRECTIONS

Combine coconut aminos, sesame oil, crushed garlic, and black pepper. Pour marinade over the beef, preferably in a plastic bag, and leave in the fridge for at least four hours.

Shake off excess marinade and directly grill on the grate above the coals that are about medium heat. Sear for 4 minutes per side to get a medium cook, or until the desired temperature.

Let London Broil rest for about 10-15 minutes, then slice into very thin strips across the grain of beef.