

Classic London Broil

Despite its name, this recipe is very American. London Broil is made with Top Round Steak, marinated for hours in a flavorful mixture, broiled in the oven, and served with a delicious herb-butter.

INGREDIENTS

- 1 beef Top Round Steak, cut 1-1½" thick (about 2 pounds)
- ¾ cup reduced-sodium beef broth
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon kosher salt
- ½ teaspoon pepper
- 4 tablespoons butter, softened
- 1-½ tablespoons chopped fresh chives
- 1 tablespoon chopped fresh parsley leaves
- 2 teaspoons chopped fresh tarragon or chervil
- 2 teaspoons fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon pepper



30 Min



8

Servings



42 Cal




26g

Protein

COOKING

1. Combine Marinade ingredients in small bowl. Place the beef Top Round Steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator for 6 hours or as long as overnight.
2. Combine Herb Butter ingredients in small bowl, mixing well. Cover and refrigerate until ready to use.
3. Remove the steak from marinade; discard marinade. Pat steak dry with paper towel. Preheat broiler. Place steak on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 27 to 29 minutes for medium rare (145°F) doneness, turning once.
4. Carve steak into thin slices; top with herb butter and drizzle with pan juices, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		11g	85mg		1g	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