



Classic London Broil

Despite it's 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)

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1 beef Top Round Steak, cut 1-1½" thick (about 2 pounds)

1 beef Top Round Steak, cut 1-1 1/2" thick (about 3 pounds)

1 beef Top Round Steak, cut 1-1½" thick (about 2 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 2 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 2 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 2 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 3 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 2 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 3 pounds)

1 beef Top Round Steak, cut 4-4½" thick (about 2 pounds)

1 beef Top Round Steak, cut 1 1/2" thick (about 2 pounds)

(1) $\text{CT} = \text{D}$; (2) $\text{CT} = \text{L}$; (3) $\text{CT} = \text{R}$.

[illegible][illegible]

Table 1. *Continued*

1. C_{10}H_8 = 126.16 g/mol

$$d_{\text{max}} = \max_{i \in \{1, \dots, n\}} \{d_i\} = \max_{i \in \{1, \dots, n\}} \{d_i^{\text{max}} + d_i^{\text{min}}\} = d_{\text{max}}^{\text{max}} + d_{\text{max}}^{\text{min}}.$$


30 Min



8

Servings



42 Cal



26g

Protein

[illegible]

[illegible]

1 beef Top Round Steak, cut 1-1½" thick (about 2 pounds)

3/4 cup reduced-sodium beef broth

[illegible]

2 tablespoons fresh lemon juice

[illegible]

[illegible]

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2 tablespoons olive oil

[illegible]

[illegible]

1 tablespoon soy sauce

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1/2 teaspoon pepper

[illegible]

[illegible]

[illegible]

[illegible]

1 tablespoon chopped fresh parsley leaves

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 teaspoons fresh lemon juice

1/4 teaspoon salt

[illegible]

[illegible]

1/4 teaspoon pepper

1/4 teaspoon pepper

1/4 teaspoon pepper

1. Combine Marinade ingredients in small bowl. Place the beef 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.

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plastic bag; turn to coat. Close bag securely and marinate in refrigerator for 6 hours or as long as overnight.

3. 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.

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123. Combine Herb Butter ingredients in small bowl, mixing well. Cover and refrigerate until ready to use.

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245. 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
246. 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
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250. 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

251. 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

252. 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

253. 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

254. 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

255. 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

256. 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

257. 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

258. 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

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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