



# Asian Barbecued Skirt Steak

Soy sauce, barbecue sauce, peanut butter and garlic powder make a tasty Asian marinade to compliment a Skirt Steak.

## INGREDIENTS

1 beef Skirt Steak (about 1-1/2 pounds), cut into 4 to 6-inch portions

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35 Min



4  
Servings



42 Cal



34g  
Protein

1 beef Skirt Steak (about 1-1/2 pounds), cut into 4 to 6-inch portions

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1/3 cup reduced-sodium or regular soy sauce

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molasses as one of its main ingredients.

1/3 cup dark brown barbecue sauce - A dark brown barbecue sauce differs from other barbecue sauces because it contains

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1/2 teaspoon garlic powder

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## COOKING

1. Combine soy sauce, barbecue sauce, peanut butter and garlic powder in small bowl; stir to combine thoroughly. Place beef steaks and soy sauce mixture in food-safe plastic bag; turn to coat steaks. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Combine soy sauce, barbecue sauce, peanut butter and garlic powder in small bowl; stir to combine thoroughly. Place beef steaks and soy sauce mixture in food-safe plastic bag; turn to coat steaks. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		20g	116mg		7g	34g	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