

BROILED
MARINATED
BEEF TOP LOIN

1 lb. beef top loin, *well trimmed*
1/2 cup dry white wine
1/4 cup soy sauce
2 cloves garlic, *minced*
2 T freshly squeezed lime juice
2 T brown sugar
1/4 cup sliced scallions
1/2 tsp. freshly ground pepper

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Stir together the wine, soy sauce, garlic, lime juice, brown sugar, scallions and pepper. Place the beef in a dish. Pour the marinade over it. Cover and refrigerate for 24 hours, turning the meat 2 or 3 times while it marinates. Preheat the broiler. Drain the beef and then broil it, approximately 10 minutes on each side for medium rare. Serves 4.

NUTRITIONAL INFORMATION PER SERVING:

Calories	245	Total Fat	6g
Carbohydrates	10g	Saturated Fat	3g
Protein	37g	Sodium	503mg
Cholesterol	107mg	Dietary Fiber	<1g