

Summertime Beef



PREPARATION TIME
15 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
citrus coolers



Citrus fruit should be brightly colored and smooth-skinned. Place whole fruit in a plastic bag and refrigerate for up to 10 days. Once the fruit is cut, it should last about 5 days.

SHOPPING LIST

- London broil
- orange juice
- limes
- orange
- lemon
- soy sauce

ON HAND

- garlic
- brown sugar

Summertime Beef

INGREDIENTS

- 1 (1½-pound)
London broil
- ½ cup soy sauce
- ¾ cup lime juice
- 1 cup orange juice
- 1 teaspoon minced
garlic
- 3 tablespoons brown
sugar
- 1 lime, cut into wedges
- ½ orange, thinly sliced
- ½ lemon, thinly sliced

SERVES **6**

COOKIN' Express

• Get more juice from citrus fruit by using your microwave. Prick the skin of the fruit in several places with a fork, taking care not to pierce the flesh.

Microwave fruit on **HIGH** for 10 to 20 seconds. Let stand for 2 minutes before rolling the fruit on the countertop with the palm of your hand. Slice fruit in half and squeeze out the juice.

Make Ahead

Mix a large quantity of the marinade and store in a bottle in the refrigerator. It will be ready when you are.

VARIATION

Pineapple juice may be used in place of the orange juice for a sweet, tropical taste.

1 Place beef in a shallow dish. Combine soy sauce, lime juice, orange juice, garlic and brown sugar in a small bowl; mix well. Pour ½ the mixture over beef; turn to coat.



2 Preheat broiler or grill. Broil or grill beef for 8 minutes per side for medium. Place on a serving platter; keep warm.

3 Pour remaining juice mixture into a small saucepan. Bring to a simmer over medium heat. Spoon over beef.



4 Slash orange and lemon slices once from center to outer edge. Twist slices and arrange around beef. Arrange lime wedges around beef.