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Marinated London Broil

Ingredients:

- 3 pounds London Broil
- 8 teaspoons meat tenderizer
- 1 Tablespoon sugar
- 1/3 cup of Worcestershire sauce
- 1/3 cup of sherry
- 4 Tablespoons [honey](#)
- 1 teaspoon cayenne pepper

Instructions:

1. Mix all ingredients well.
2. Pierce meat with a large fork. Pour marinade over the meat and let set for at least 8 hours. If marinade does not fully cover the meat, turn the meat every few hours so that both sides are marinated.
3. Grill over medium heat for approximately 8 minutes on each side or until desired doneness. Let meat sit for approximately 15 minutes before slicing.

Courtesy of Sharon K, Orange Park, FL

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