

Steak Marinade

This steak marinade is made with olive oil, soy sauce, garlic, lemon, herbs and spices, and takes just 5 minutes to put together. It adds tons of flavor to any cut of beef and can be used for grilled, broiled or sauteed marinated steak.



 Course	Main
 Cuisine	American
 Keyword	marinated steak, steak marinade
 Prep Time	5 minutes
 Cook Time	1 minute
 Marinating Time	1 hour
 Total Time	6 minutes
 Servings	<input type="text" value="6"/>
 Calories	83kcal
 Author	Sara Welch

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INGREDIENTS

- 1/3 cup soy sauce
- 1/4 cup lemon juice
- 1/2 cup olive oil
- 1/4 cup Worcestershire sauce
- 2 teaspoons minced garlic
- 1 tablespoon Italian seasoning
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder

INSTRUCTIONS

1. Place all the ingredients in a bowl or in a resealable gallon sized freezer bag. Mix to combine.
2. Add steaks to the marinade. Marinate for at least 1 hour, or up to 24 hours.
3. Cook steak as desired. Marinade makes enough for 2 pounds of steak.

NUTRITION

Calories: 83kcal | Carbohydrates: 4g | Protein: 1g | Fat: 8g | Saturated Fat: 2g | Sodium: 627mg | Potassium: 139mg | Sugar: 1g | Vitamin A: 25IU | Vitamin C: 5.8mg | Calcium: 30mg | Iron: 1.4mg



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