



World-Rubbed London Broil

5 tsp	Onion powder
1 Tbsp	Garlic powder
1 Tbsp	Paprika
1 Tbsp	Dry mustard
1 tsp	Dried thyme
½ tsp	White pepper
1 lb	London broil



Stir together all rub ingredients in a small bowl. Place London Broil on a plate or cutting board with small edge to prevent any dripping. Measure out 2 tablespoons of dry spices and rub all over the meat, front and back. Then, cover and refrigerate for 1-24 hours. Preheat oven broiler to 500 degrees or heat outdoor grill to medium high. Broil/grill 2 inches from the heat source for about 10-12 minutes per side. Meat is done when a meat thermometer reads 145 degrees for medium rare or 160 degrees for medium. Allow meat to rest 10 minutes and then slice against the grain.

Recipe Nutrition per serving

235 calories; 32 gm protein; 2 gm carbohydrate; 10 gm total fat; 4 gm saturated fat; 0 trans fat; 62 mg cholesterol; 1 gm fiber; 65 mg sodium