

Fall Grilling! Cuban-Style London Broil & Mashed Potatoes ~ choose one side item to complete your meal

Cuban-Style London Broil

4 servings

- 1 lb Top round London Broil
- ½ cup Orange juice
- ½ cup Grapefruit juice
- 2-4 cloves Garlic, minced
- 1 Tbsp Ground cumin



Make marinade by combining citrus juices, garlic and cumin. Place London Broil in a non-metallic pan or bowl; pour marinade over top.

Or, use a zip-top plastic bag to marinate beef. Allow to marinate 30 min. to 3 hours in the refrigerator. Preheat oven broiler or barbecue grill to medium-high. Broil or grill meat on both sides, brushing on marinade, until it is desired doneness. Cooking time will vary depending on thickness of the meat. *Note: The marinade should be discarded once meat is cooked.*

Top Round London Broil on sale

Fresh juice oranges on sale

Orange juice on sale

Fresh potatoes on sale

1% Milk on sale

Beef Recipe Nutrition per serving

256 calories; 32 gm protein; 8 gm carbohydrate; 10 gm total fat; 4 gm saturated fat; 0 trans fat; 62 mg cholesterol; 0 gm fiber; 67 mg sodium

To Make Mashed Potatoes: Wash and peel potatoes with a vegetable peeler or sharp knife. Cut into fourths. Place in a saucepan and cover with water. Turn burner to high until the water boils. Then, turn down heat and simmer about 20 minutes until potatoes are soft. Drain water and mash potatoes with a little butter and 1% milk until creamy. Dust lightly with salt and pepper to taste. *Note: Potatoes may be cooked in the microwave.*

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.