

London Broil

Total Recipe Time: 35 to 40 minutes

Marinade Time: 6 hours or overnight

1 pound Top Round Steak, cut 1 inch thick
2 medium red onions, cut into 8 wedges each
1 pound asparagus, trimmed
3 tablespoons prepared red wine vinaigrette
Salt and pepper

Marinade:

1/3 cup prepared red wine vinaigrette
1/2 teaspoon dried basil leaves, crushed



1. Chop 4 of the onion wedges. Combine marinade ingredients and chopped onion in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Thread remaining 12 onion wedges onto two 12-inch metal skewers.
3. Remove steak from marinade; discard marinade. Place steak in center of grid over medium, ash-covered coals; arrange onion kabobs and asparagus on grid around steak. Grill steak, covered, 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill onion wedges, covered, 15 to 20 minutes, turning occasionally (Gas grilling times remain the same.); grill asparagus, covered, 6 to 10 minutes (8 to 12 minutes on gas grill) or until crisp-tender, turning occasionally.
4. Remove onions from skewers. Toss onions and asparagus with 3 tablespoons vinaigrette. Carve steak crosswise into thin slices. Season with salt and pepper, as desired. Serve with vegetables.

Makes 4 servings

Cook's Tip: To make asparagus spears easier to turn on the grill, thread them ladder-style onto two 12-inch metal skewers. Insert a skewer about 1 inch from each end of the asparagus spear, leaving small space between spears. Use tongs to turn entire asparagus "ladder" for even cooking.

Cook's Tip: One-and-one-half to two pounds flank steak or one-and-one-quarter pounds boneless beef chuck shoulder steak, cut 1 inch thick, may be substituted for beef top round steak. To grill flank steak, place on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. To grill chuck shoulder steak, place steak on grid over medium-ash covered coals. Grill, covered, 12 to 17 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Nutrition information per serving using flank: 258 calories; 13 g fat (3 g saturated fat; 3 g monounsaturated fat); 42 mg cholesterol; 703 mg sodium; 9 g carbohydrate; 2 g fiber; 26 g protein; 7.5 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.2 mg iron; 30.9 mcg selenium; 4.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

Nutrition information per serving using chuck shoulder: 247 calories; 12 g fat (3 g saturated fat; 3 g monounsaturated fat); 156 mg cholesterol; 715 mg sodium; 9 g carbohydrate; 2 g fiber; 24 g protein; 3.6 mg niacin; 0.4 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 3.3 mg iron; 29.3 mcg selenium; 5.9 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of niacin and iron.

Nutrition information per serving using top round: 257 calories; 11 g fat (2 g saturated fat; 2 g monounsaturated fat); 61 mg cholesterol; 691 mg sodium; 9 g carbohydrate; 2 g fiber; 29 g protein; 5.6 mg niacin; 0.5 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3 mg iron; 36.5 mcg selenium; 5.2 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

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