

Make-It-Easy Meal

Herb-Broiled Beef
Corn (fresh, frozen
or canned)
Bread or Rolls
Jello-O™ or Gelatin
with Fruit
Milk



Look for bread bargains!

Check your supermarket's bakery for day-old sales. Day-old bread can cost up to 75 percent less than regular-priced bread and tastes just as good.

Shopping List

- onion
- parsley
- white vinegar
- prepared mustard
- garlic powder
- dried basil or thyme (optional)
- boneless beef chuck shoulder steak
- corn (or your favorite fresh, frozen or canned vegetable)
- bread or rolls
- Jell-O™ or gelatin
- milk



Herb-Broiled Beef

- 1/4 cup chopped onion
- 2 Tbsp. parsley
- 2 Tbsp. white vinegar
- 1 Tbsp. prepared mustard
- 1/4 tsp. garlic powder
- 1/4 tsp. dried basil *or* thyme (optional)
- 1 lb. boneless beef chuck shoulder steak, cut 1-inch thick

1. Mix onion, parsley, vinegar, mustard, garlic powder and basil or thyme.
2. Place meat in plastic bag and pour in marinade. Close bag securely, place in a bowl and marinate in refrigerator six to eight hours or overnight, turning at least once.
3. Pour off marinade and discard. Place meat on rack in broiler.
4. Broil 15 to 20 minutes or until desired doneness, turning once. Cut into thin slices to serve.

Serves 4.



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