



The Best London Broil Recipe

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This London broil recipe is beef steak that is marinated in olive oil, garlic, herbs and spices, then cooked to tender and juicy perfection. An easy main course option that produces perfect results each and every time.

Course Main

Cuisine	American
Prep Time	10 minutes
Cook Time	18 minutes
Marinating Time	2 hours
Total Time	2 hours 28 minutes
Servings	6
Calories	285kcal
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Ingredients

- 1/2 cup olive oil
- 1/3 cup soy sauce low sodium is fine
- 1/4 cup Worcestershire sauce
- 1/4 cup lemon juice
- 1/2 teaspoon lemon zest
- 1 tablespoon minced garlic
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon crushed red pepper flakes optional
- 1 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 1/2 teaspoon onion powder
- 1 teaspoon smoked paprika
- 2 pounds London broil roast such as top round or sirloin
- 2 tablespoons fresh parsley chopped

Instructions

1. Place the olive oil, soy sauce, Worcestershire sauce, lemon juice, lemon zest, garlic, Italian seasoning, red pepper flakes, black pepper, salt, onion powder and smoked paprika in a bowl or in a resealable gallon sized freezer bag. Whisk to combine.
2. Add the meat to the marinade. Marinate the meat for at least 2 hours, or up to 24 hours.
3. BROILER DIRECTIONS: Preheat the broiler to medium (450 degrees F). Place the meat on a sheet pan coated with cooking spray. Broil for approximately 7 minutes per side, or until a thermometer inserted into the thickest part of the meat registers 135-140 degrees F. The cook time may vary depending on the thickness of your meat.

4. GRILL DIRECTIONS: Preheat a grill or grill pan to medium-high heat. Add the meat and cook for approximately 7-8 minutes per side, or until a thermometer inserted into the thickest part of the meat registers 135-140 degrees F. The cook time may vary depending on the thickness of your meat.
5. Let the meat rest for 5-7 minutes. Thinly slice the meat, then sprinkle with parsley and serve.

Notes

1. While the meat should marinate for at least 2 hours, it can go as long as 12 hours. I try to do the full 12 hours whenever possible for the best flavor.
2. It's very important to use a thermometer so that your meat does not overcook, as London broil can get tough if it's cooked for too long.

Nutrition

Calories: 285kcal | Carbohydrates: 5g | Protein: 2g | Fat: 18g | Saturated Fat: 3g | Sodium: 1028mg | Potassium: 167mg | Fiber: 1g | Sugar: 2g | Vitamin A: 302IU | Vitamin C: 8mg | Calcium: 36mg | Iron: 2mg