



# R E C I P E

Recipes gathered from many resources, especially [www.allrecipes.com](http://www.allrecipes.com)

## GRILLED MARINATED ROAST

### INGREDIENTS

- |                                |                            |
|--------------------------------|----------------------------|
| ‡ 3-4 lb. chuck roast          | ‡ 1 tsp. Accent            |
| ‡ 1/3 cup red wine vinegar     | ‡ 1/4 cup ketchup          |
| ‡ 2 Tbsp. vegetable oil        | ‡ 2 Tbsp. soy sauce        |
| ‡ 1 Tbsp. Worcestershire sauce | ‡ 1 tsp. prepared mustard  |
| ‡ 1 tsp. salt                  | ‡ 1/4 tsp. pepper          |
| ‡ 1/4 tsp. garlic powder       | ‡ 1/2 tsp. meat tenderizer |

### DIRECTIONS

1. Sprinkle both sides of roast with Accent. Place in shallow baking dish. Thoroughly combine remaining ingredients and pour mixture over roast.
2. Marinate 3 to 6 hours, or overnight. Place roast on grill over medium heat and broil, turning every 10 to 15 minutes, brushing with marinade, until medium rare, usually about 45 minutes to 1 hour.