

Meat Marinade ~ 8 servings



Ingredients:

- | | | |
|-----------|-------|-------------------------------|
| - ½ cup | 125mL | Olive oil |
| - ½ cup | 125mL | Balsamic vinegar |
| - ¼ cup | 60mL | Soy sauce (low sodium) |
| - ¼ cup | 60mL | Worcestershire sauce |
| - 2 tbsp. | 30mL | Lemon juice |
| - ¾ cup | 185mL | Brown sugar |
| - 2 tsp. | 10mL | Dried rosemary |
| - 2 tbsp. | 30mL | Dijon mustard |
| - 2 tsp. | 10mL | Salt |
| - 1 tsp. | 5mL | Ground black pepper |
| - 2 tsp. | 10mL | Garlic, chopped (~1-2 cloves) |
| - 6-8 | each | Chicken breasts |

Directions:

1. Mix all ingredients in a large freezer bag.
2. Marinate in fridge for at least 4 hours up to 24 hours.
3. Barbecue meat until cooked (try to not let the temperature go over 400F so you don't burn the outside before the inside is cooked).
 - a. I used chicken and cooked 10min on either side with ~375F.
 - b. If you find your barbecue gets too hot with the lid down, try sticking your barbecue tongs under the lid so you raise it up slightly to allow some heat to escape.
 - c. Or you can bake the chicken breasts for 20-25min at 350F.
4. Enjoy! 😊