



## *Red Wine Steak Marinade*



### **Ingredients:**

- ½ cup red wine
- ¼ cup soy sauce I use low sodium
- 1 ½ tbsps olive oil
- 1 ½ tbsps toasted sesame oil
- 3 cloves garlic crushed
- 2 tsps parsley
- 1 tsp pepper

### **Method:**

1. Combine the marinade ingredients in a bowl and add the steaks.
2. Marinate for as long as you can, the longer the better. I try to prepare it 24 hours in advance. The steak comes out tender and full of delicious flavor.
3. Then add to your grill and cook to desired internal temperature. We both take our steaks medium (medium-well at some restaurants).