

Colorado “Peppered” Nebraska Steak

1 3 lb top round steak cut 2 inches thick
2 tsp unseasoned meat tenderizer
2 Tbs minced onion
2 tsp thyme
1 tsp marjoram
1 bay leaf, crushed
1 cup wine vinegar
½ cup oil
3 Tbs lemon juice
Coarsely ground black pepper to taste

Sprinkle steak Evenly on both sides with meat tenderizer

Combine onion, thyme, marjoram, bay leaf, vinegar, oil and lemon juice in small bowl.
Mix well.

Pierce steak with fork. Place in shallow baking dish. Pour marinade over steak.

Marinate for 1 to 3 hours turning steak very half hour.

Remove steak from marinade; drain. Sprinkle both sides generously with pepper.
Pound pepper into steak.

Grill 6 inches above hot coals for 20 minutes per side.

Slice 1/4 inch thick

Yield: 4 servings

Serve at your favorite CU-Nebraska football party.

Senator Wayne Allard
Colorado