

Core Cooking with Mandie Shockley

Grilled London Broil

Raspberry Balsamic Sauce & Grilled Asparagus



INGREDIENTS

Serves 2

8-16 ounces top round or other lean cut of grass fed organic beef

Marinade

1 cup frozen or fresh raspberries

¼ cup balsamic vinegar

¼ cup chopped white onion

Fresh asparagus

Pink Himalayan salt

Cracked black pepper

INSTRUCTIONS

Blend raspberries, balsamic vinegar, and onion in a small blender or food processor. (This can be made in advance and used as a salad dressing). Pour into a zip lock bag with steak and let marinade for at least 15 minutes (overnight is best).

Grill asparagus on one side of grill and steak on the other. Cook until you reach your desired temperature (rare, medium rare, well, etc.).

Pour remaining marinade in a small saucepan and bring to a boil. Cook until the marinade thickens and can be used as a finishing sauce.

Enjoy!