

Core Cooking with Mandie Shockley

London Broil (Broiled)



INGREDIENTS

Serves 2

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

Seasonings of choice (example: pink Himalayan salt, black pepper, garlic powder, dried onion, thyme, etc.)

INSTRUCTIONS

Turn broiler to high.

Rub beef with desired spices and broil for 5-8 minutes on each side. Easy!