

## Beef Marinade



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1 to 2 garlic cloves, minced  
1/4 cup reduced sodium soy sauce  
1/4 cup cabernet sauvignon wine  
2 tablespoons minced onion  
1/4 teaspoon ground cayenne pepper  
1 pound beef steaks

**In a medium bowl**, combine garlic, soy sauce, wine, onion, and cayenne pepper. Mix well. Pour marinade over beef in a sealed container, covering top of meat. Refrigerate. Marinate for 1 to 2 hours, rotating beef 2 to 3 times prior to grilling.

**Remove** beef from marinade. Discard marinade. Grill beef over medium heat and cook to desired doneness.

**Cook's Note:** Consuming raw or undercooked meats may increase your risk of food-borne illness.