

Marinade for Beef Flat Iron Steak

- 1 cup soy sauce
- ½ cup worcestershire sauce
- ½ cup chopped garlic
- 1 tbsp chopped Italian parsley
- 1 tbsp dried oregano
- 1 tsp black pepper

Mix all the ingredients together, cover the beef in a sealed container and let sit for an hour or longer.

Grill it up to your desired temperature and enjoy with friends



BRIAN MIZNER
SACRAMENTO KINGS CHEF

SCOTT FRESHOUR
SACRAMENTO KINGS EMCEE

ZAC HOWE
KINGS PERFORMANCE & RECONDITIONING COACH

