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## RACKS Recipes: Marinades

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### Steak Marinade

3 lb chuck or round steaks any wild meat, 1 1/2 " thick  
2 tbsp Worcestershire Sauce  
1 1/2 tsp meat tenderizer  
1/4 tsp rosemary  
1/4 cup red wine or balsamic vinegar  
2 tbsp olive or salad oil  
1/4 tsp marjoram  
1/4 tsp thyme (crushed)

Combine all ingredients and mix well. Pour over steak and refrigerate for 1 hour or more in a Tupperware container or zip lock bag, turning at least once before grilling.