



## Nancy's Grilled Berry London Broil Sunday Dinner

added by Sherri Williams



I always looked forward to Sunday dinners when growing up. One of my favorites was my mom's pot roast with carrots and potatoes. She would always serve some sort of delicious green veggie with it. This is my twist on this wonderful childhood Sunday Dinner at my house. I want to thank my friend Laurie Sanders, for mailing me some of her "soon to be famous" wonderful strawberry jam! It completed my special Sunday Dinner. Happy Cooking! sw:)

**Cook time:** 30 Min **Prep time:** 10 Min **Yield:** 6-8

### Ingredients

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- 3 lb london broil
- 2 oz laurie's strawberry jam
- 4 oz goat cheese, crumbles

#### MARINADE

- 1/2 c raspberry pecan fat free dressing
- 1/4 c steak seasoning
- 4 Tbsp olive oil, extra virgin
- 1 Tbsp granulated garlic
- 2 tsp thyme, dried

#### ROASTED VEGGIES...ANY FRESH VEGGIES WILL WORK

- 1/2 lb baby carrots
- 1/2 lb green beans, fresh
- 1/2 Tbsp fresh cracked black pepper
- 1/2-1 Tbsp all purpose seasoning..i used greek
- 1/4 c olive oil, extra virgin

### Directions

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1. gather ingredients



2. mix marinade ingredients. pour over meat. poke holes throughout. marinate in a zip-lock for at least one hour, overnight will be best. in a small bowl combine goat cheese with strawberry jam. mix thoroughly. set in fridge to chill.



3. preheat oven to 375 degrees. season veggies with olive oil, black pepper and greek seasoning. place on a roasting pan. roast for 20-25 minutes until carrots are golden and soft. not mushy.



4. grill london broil on a medium high grill for 7-8 minutes on each side or until preferred doneness



5. allow to rest 10 minutes



6. slice thinly against the grain

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