

Texas Marinade

Yield: 6 servings

Ingredients:

- 1 tablespoon dry mustard
- 4 cloves minced garlic
- 1 tablespoon ground chili pepper
- 2 teaspoons liquid hot pepper sauce
- ½ cup Worcestershire sauce
- ¼ cup each cider vinegar and vegetable oil
- 2 cups beef, chicken or vegetable broth

Procedure:

Prepare basting sauce at least 24 hours in advance; mix ingredients thoroughly and refrigerate. Use as a marinade to grill your favorite meats or vegetables.

with beef broth, each serving (about 1/3 cup) contains 130 calories and 10 grams of fat

If you're watching your calorie and fat intake, choose lean cuts of meat or trim the fat from higher-fat meats such as spareribs.