

MARINADE (adapted slightly from allrecipes.com)
The Cooks Next Door

1 1/2 c. canola oil
3/4 c. soy sauce
1/2 c. Worcestershire sauce
1/2 c. red wine vinegar
1/3 c. lemon juice
2 Tb. dry mustard
1 tsp. salt
1 Tb. black pepper
1 1/2 tsp. finely minced fresh parsley (or 1 tsp. dried parsley)

In a medium bowl, mix together oil, soy sauce, Worcestershire sauce, wine vinegar, and lemon juice. Stir in mustard powder, salt, pepper, and parsley. Use to marinate meat before cooking as desired.