

# Pineapple T Bone Steak

## Ingredients:

1 ½ cups Worcestershire sauce  
2 cups Pineapple Juice  
¼ cup Brown Sugar  
1 cup Vegetable Oil



## Directions:

Mix together the Worcestershire sauce, pineapple juice, brown sugar, and olive oil in a bowl. Marinate the meat of your choice for 1 to 2 hours, and cook as desired. Serve with a green salad and citrus seasoned potatoes for a great summer meal.

*(Recipe will marinate 10lb of steaks)*