

Ingredients

- 12 oz can of Cola or Root Beer
- 3 tbsp of any of the **Heart Rock Herb & Spice Co.** BBQ blends
- 2 large cloves of garlic, minced
- ¼ cup rice vinegar
- 2 tbsp ketchup

Carson Valley Meats Beef - Tri Tip, Skirt Steak, Flank Steak, Flat Iron Steak, all work

Method

1. Mix the above ingredients to make a paste, rub the meat all over with the paste, place in a plastic bag, squeeze out all the air, place in a container (just in case it leaks) marinate in the refrigerator for at least 12 hours preferably for 24 hours.

2. Heat the marinade in a small saucepan to a boil, turn the heat down and simmer until the meat is done cooking.

3. Fire up the BBQ grill. Make sure it's clean and HOT, pat the meat dry, char meat on all sides. Either continue to cook meat on the grill or place on a baking sheet in a preheated 400-degree oven for 10 -15 minutes (at least for the trip-tip) or an internal temperature of 125 degrees for medium rare.

4. Let sit for 5-10 minutes, slice across the grain. Drizzle with the marinade. Enjoy!

Adapted from Heart Rock Herb and Spice

Cola/Root Beer Marinade