

Pan-Seared Marinated Elk Steak

Yield: 4 min
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-swiss-round-elk-steak>

Ingredients:

- 2 pounds elk steak
- 1/4 cup olive oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon orange juice
- 1 tablespoon worcestershire
- 1 1/2 teaspoons soy sauce
- liquid smoke unchecked? 1 tsp hickory
- 1 1/2 teaspoons sea salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chipotle pepper smoked
- 1 teaspoon dried rosemary
- 2 tablespoons butter optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 15 milligrams
4. Fat: 19 grams
5. SaturatedFat: 6 grams
6. Sodium: 1080 milligrams
7. Sugar: 1 grams

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