

Marinade

A little salty and a little sweet to marinate meats, chicken or fish

1/2 onion, chopped
3 cloves garlic, chopped
1/4 cup olive oil {suggested Arbosana}
1/4 cup traditional balsamic vinegar
1/4 cup aminos or soy sauce
1 tablespoon honey
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions:

Whisk onion, garlic, olive oil, balsamic vinegar, aminos or soy sauce, pineapple juice, Dijon mustard, salt, and pepper together in a mixing bowl.

Put your meat or chicken in a bowl or resealable plastic bag. Pour marinade into the bag and coat meat or chicken with the marinade. Squeeze excess air from the bag and seal. Marinate in the refrigerator at least 30 minutes for up to 2 days.

Tip: To serve extra marinade, pour marinade into a saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes.