

Kabob Marinade

1 cup vegetable oil	3/4 cup soy sauce
1/2 cup lemon juice	1/4 cup Worcestershire sauce
1/4 cup prepared mustard	1 1/2 tsp ground black pepper
2 cloves garlic, minced	1 tsp MSG (optional)

In a large resealable plastic bag, combine the oil, soy sauce, lemon juice, Worcestershire sauce, mustard, ground black pepper, garlic and MSG (meat tenderizer). Mix well and add meat. Marinate in the refrigerator for 4 to 24 hours. Grill on skewers with vegetables or in a slow-cooker until tender.