

## **Instructions for Marinades: Zesty Western, Soy Ginger and Sweet Honey**

Combine 2 Tbsp of Marinade with 4 Tbsp of oil and 1 Tbsp of vinegar per 1 lb. of meat. Mix well. Place meat or vegetables and marinade in a zip lock bag or non-metallic container, tossing to coat. Let marinate 1 hour or over night. (We recommend olive oil and white vinegar. Others are also fantastic: sesame & peanut oil, apple cider, white & red wine vinegars contribute their own unique flavor).

**CUSTOMER SERVICE: 1- 800- 829- 2285**  
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