

Marinades

1 tablespoon olive oil
1 garlic clove, minced
1 tablespoon GF Worcestershire sauce
1 tablespoon balsamic or white vinegar (balsamic is better!)
1 teaspoon yellow mustard
1 tablespoon GF soy sauce, pepper.

Mix ingredients and pour over meat and let set for 2 to 24 hours.

<http://www.lincolntent.com/GFCF-Sauces.html>