



Lager Marinade

(protein: chicken, pork)

- 1 bottle (12 ounces) lager beer
- 2 garlic cloves, minced
- 2 tablespoons brown sugar
- ½ teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon olive oil

To prepare marinade, combine all ingredients except the oil in a bowl, then slowly drizzle in the oil while whisking to emulsify the marinade.

*Approximate nutritional values per 2 tablespoons:
28 Calories, 1g Fat (0g Saturated), 0mg Cholesterol,
70mg Sodium, 3g Carbohydrates, 0g Fiber, 0g Protein*