



## Garlic Marinade

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
1-2 Pounds	5 MIN	30 MIN		8

Garlic marinade is a simple and flavorful blend of garlic, oil, herbs, and seasonings used to enhance the taste of meats, seafood, and vegetables. It adds depth, aroma, and richness to any dish. This easy garlic marinade comes together in minutes and can be customized to suit different recipes. Whether you're grilling, roasting, or pan-cooking, this marinade helps create bold and delicious flavors.

### Ingredients

- 4-5 garlic cloves, minced
- ¼ cup olive oil
- 2 tablespoons lemon juice or vinegar
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon dried herbs (oregano, thyme, or rosemary)

### Recipe Summary

- Prep Time: 5 minutes

- Marinating Time: 30 minutes to 24 hours
- Total Time: Varies
- Servings: Enough for 1-2 pounds of protein or vegetables
- Course: Sauce / Marinade
- Cuisine: International

## Cooking Method

---

### Instructions

1. In a bowl, combine garlic, olive oil, lemon juice, salt, pepper, and herbs.
2. Mix well until fully combined.
3. Add your choice of meat, seafood, or vegetables.
4. Coat evenly with the marinade.
5. Cover and refrigerate for at least **30 minutes** (or up to 24 hours).
6. Cook as desired (grill, bake, or pan-cook).

### Cooking Tips

- Marinate longer for deeper flavor
- Do not over-marinate delicate proteins like shrimp
- Use fresh garlic for best results

## Variations

- Add soy sauce for a savory version
- Add honey for a sweet garlic marinade
- Add chili flakes for spice
- Use lime juice instead of lemon for a twist

## What to Use Garlic Marinade For

- Chicken
- Beef
- Shrimp and seafood
- Vegetables
- Tofu

## Storage

Store leftover marinade in the refrigerator for up to **3-4 days**.

## Reheating

Not required. Use fresh for best results.

## Frequently Asked Questions

### How long should I marinate chicken?

At least 30 minutes, ideally a few hours.

### Can I reuse marinade?

Only if it has not touched raw meat.

### Can I freeze marinated food?

Yes, freeze directly with the marinade.

### Recipe Author

**Mary Thompson**

Generated on: Jul 11, 2026 02:55

---

Downloaded from [iheartgarlic.com](https://iheartgarlic.com)

