



Beef Kabobs

Ingredients

- 1 cup Meat Marinade with Canola Oil (see marinade recipe)
- 1 lb. Top Sirloin Steak, Raw, 6 oz Cubed 1 1/4" (3 Cubes Per Kabob)
- 3 oz. Green Peppers, Fresh Cut 1 1/2" x 1" (2 Cubes Per Kabob)
- 6 oz. Yellow Onions, Fresh Wedge Cut 6 (2 Wedges Per Kabob)
- 2 oz. Mushrooms, Fresh Whole (1 Per Kabob)
- 4 oz. Cherry Tomatoes, Fresh (1 Per Kabob)

Preparation

NOTE: Soak wooden skewers in cold water for 30 minutes before baking. Prepare Meat Marinade: Combine all ingredients. Mix until well-blended according to recipe. Pour marinade over beef cubes. Marinate overnight in refrigerator. Place ingredients on each skewer in the following order: green pepper, beef cube, onion wedge, green pepper, beef cube, onion wedge, mushroom, beef cube, cherry tomato. Brush kabobs with remaining marinade. Bake in a 350 degree F. standard oven for 15 to 20 minutes. Serve immediately.

Serves 6

Portion: 1 Kabob

Nutrition Facts (per serving)

Calories	168
Fat (g)	7.5
Saturated Fat (g)	1.7
Cholesterol (mg)	34
Sodium (mg)	194
Carbohydrate (g)	5.4
Fiber (g)	1
Protein (g)	19.2
Calcium (mg)	23

Meat Marinade

- 1/3 Cup Canola Oil
- 1 Tbsp Sherry (Do not use cooking sherry)
- 3 Tbsp Soy Sauce
- 1 Tbsp Worcestershire Sauce
- 1/2 Tsp Ground Mustard, Dry
- 1/4 Tsp Salt
- 1/8 Tsp Ground Black Pepper
- 1/2 Tsp Parsley Leaves, Fresh MINCED
- 1 Tbsp + 1 Tsp Red Wine Vinegar
- 2 Tbsp Water
- 2 Tsp Garlic Powder
- 3 Tbsp Pasteurized Fresh Lemon Juice (CONV)

