



Fresh Coast Beef Kabobs

SERVINGS: 4

PREP: 30 MIN (4 HRS TO MARINATE)

COOK: 10-15 MIN

Ingredients

- 1 pound beef sirloin tip steak, cut into 1-inch cubes
- 1 medium sweet onion, cut into ¾-inch wedges
- 1 small yellow squash, cut lengthwise in half, then crosswise into 1-inch slices
- 1 small zucchini squash, cut lengthwise in half, then crosswise into 1-inch slices
- 3 small bell peppers, any color, cut into 1-inch pieces
- 1 pound medium red skin potatoes, cut into 1-inch pieces
- 12 medium mushrooms, cleaned and stems removed

Marinade

- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard (optional)
- 1 tablespoon brown sugar
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 2 teaspoons vegetable oil
- 1/2 teaspoon coarse grind black pepper

Directions

1. If using wood skewers, soak in water for at least 10 minutes. Flip after 5 minutes if not fully submerged.
2. Combine marinade ingredients in small bowl. Place beef and marinade in food-safe plastic bag. Close bag securely and marinate in refrigerator 4 hours or overnight, turning occasionally.
3. Place potatoes in microwave-safe dish and cover with vented plastic wrap. Microwave on HIGH for 5 minutes or until just tender, stirring once. Cool slightly.
4. Fire up the grill while potatoes are cooking.
5. If using wood skewers, remove skewers from water.
6. Remove beef from marinade and place in bowl. Discard marinade.
7. Alternately thread beef, onion, pepper, squash, beef, mushroom, potato, onion, etc., onto skewers, or invite everyone to build their own kabobs by mixing and matching their favorite vegetables with the sirloin tip steak.
8. Place kabobs on grill over medium, ash-covered coals. Grill covered, turning every 3-4 minutes on each side or until desired doneness is reached.
 - To measure doneness for steaks ½ inch or thicker, insert an instant-read thermometer horizontally from the side, so that it penetrates the thickest part or the center of the sirloin.
 - For medium rare, cook until the temperature reads 145 F.
 - For medium, cook until the temperature reads 160 F.
 - For well done, cook until the temperature reads 170 F.
9. Let beef rest for a few minutes before serving. For extra tender kabobs, rest for 3-5 minutes wrapped in foil before serving.

Nutrition Information Per Serving: Calories 374, Carbohydrate 35g, Dietary Fiber 6g, Protein 29g, Total Fat 14g, Saturated Fat 5g, Cholesterol 77mg, Sodium 251mg

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