

Recipe

Grilled steak kebabs

Ingredients

- 1/2 cup avocado or olive oil
- 1/2 cup soy sauce
- Splash of Worcestershire sauce
- 3-4 cloves garlic, minced
- Salt and pepper to taste
- 2 pounds sirloin steak cut in 1-inch cubes
- 2-3 bell peppers cut in 1-inch pieces
- 1 onion cut in 1-inch pieces
- 8 oz. button or white mushrooms cut in half
- 8 skewers, metal or pre-soaked wood

Directions

In a large Ziplock bag, add oil, soy sauce, Worcestershire, garlic and seasonings. Add the cubed sirloin steak to marinade and shake to coat. Let marinate for at least 30 minutes.

Once the meat has marinated, thread it onto the skewers alternating with pieces of mushroom, onion and pepper.

Grill kebabs over medium heat, turning often, until meat is brown and vegetables are tender (about 12 minutes).



Lockton Nurse Advocate