

August 2017 TV Recipes—KABOBS

Classic Beef Kabobs

Total recipe time: 30-35 minutes

Makes 4 servings

- 1-pound beef Top Sirloin Boneless or Tenderloin Steaks, cut 1-inch thick
- 8 ounces mushrooms
- 1 medium red, yellow, or green bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces
- Salt

Seasoning:

- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper

1. Cut beef Top Sirloin Boneless steak into 1-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms, bell pepper pieces and onion pieces; toss to coat.
2. Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers, leaving small spaces between pieces.
3. Place kabobs on grid over medium, ash-covered coals. Grill kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired.

Test Kitchen Tips: *Eight 12-inch bamboo skewers may be substituted for metal skewers. Soak bamboo skewers in water 10 minutes before using; drain. To broil, place kabobs on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.*

Nutrition information per serving: 252 calories; 12 g fat (3 g saturated fat; 7 g monounsaturated fat); 70 mg cholesterol; 61 mg sodium; 8 g carbohydrate; 1.6 g fiber; 28 g protein; 9.9 mg niacin; 0.8 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 2.3 mg iron; 45.6 mcg selenium; 5.6 mg zinc; 115.3 mg choline.



Mojo Beef Kabobs

Total recipe time: 40 minutes

Makes 4 servings

- 1-pound beef Top Sirloin Steak Boneless, cut 1-inch thick
- 1 teaspoon coarse grind black pepper
- 1 large lime, cut into 8 wedges
- 1 small red onion, cut into 8 thin wedges
- 1 container grape or cherry tomatoes (about 10 ounces)

Mojo Sauce:

- 1/4 cup fresh orange juice
- 1/4 cup fresh lime juice
- 3 tablespoons finely chopped fresh oregano
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 3/4 teaspoon salt



1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1-1/4 inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, covered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once.
5. Serve kabobs drizzled with sauce.

Nutrition information per serving: 285 calories; 15 g fat (3 g saturated fat; 1 g monounsaturated fat); 5 mg cholesterol; 5 mg sodium; 1 g carbohydrate; 1.8 g fiber; 27 g protein; 8.2 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.6 mg iron; 31.9 mcg selenium; 5.1 mg zinc.

Dijon-Wine Steak Kabobs with Mushroom Wild Rice

Total recipe time: 30 minutes

Makes 4 servings

- 1-pound beef Sirloin Tip Steak, cut 1 inch thick
- 1/2 small red onion, cut into 3/4-inch wedges
- 1 small yellow summer squash, cut lengthwise in half then crosswise into 1-inch slices
- 1 small red or green bell pepper, cut into 1-inch pieces
- Mushroom Wild Rice (recipe follows)

Marinade:

- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 tablespoons coarse-grain Dijon-style mustard
- 2 cloves garlic, minced
- 2 teaspoons vegetable oil
- 1/2 teaspoon coarse grind black pepper



1. Cut beef steak into 1-1/4-inch pieces. Combine marinade ingredients in small bowl. Place beef and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Remove beef from marinade; discard marinade. Alternately thread beef, onion, squash and bell pepper evenly onto skewers. Place kabobs on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Serve kabobs over Mushroom Wild Rice.

Mushroom Wild Rice: Heat 2 teaspoons oil in large nonstick skillet over medium heat until hot. Add 2 cups thinly sliced assorted wild mushrooms (oyster, cremini and shiitake); cook and stir until tender. Remove and keep warm. Meanwhile, cook 1 package (6 ounces) long grain and wild rice blend according to package directions, omitting salt and butter. When rice is done, stir in mushrooms.

Nutrition information per serving: 360 calories; 9 g fat (2 g saturated fat; 4 g monounsaturated fat); 63 mg cholesterol; 635 mg sodium; 39 g carbohydrate; 2.3 g fiber; 30 g protein; 11.6 mg niacin; 0.5 mg vitamin B₆; 1.3 mcg vitamin B₁₂; 4.6 mg iron; 31.9 mcg selenium; 4.5 mg zinc; 107.3 mg choline.

Beef Kabobs with Grilled Pineapple Salsa

Total recipe time: 50-55 minutes

Makes 6 servings

- 1-1/2 pounds Beef Top Sirloin Steaks, cut 1-inch thick
- Salt and pepper

Marinade:

- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 2 large cloves garlic, minced
- 1 medium jalapeno pepper, minced
- 1/2 teaspoon ground cumin

Pineapple Salsa:

- 1/2 medium pineapple, peeled, cored, cut into 1-1/2 inch chunks (about 3 cups)
- 1 medium red onion, cut into 12 wedges
- 1 large red or green bell pepper, cut into 1-1/2 inch pieces
- 2 teaspoons freshly grated lime peel
- 1/2 teaspoon salt



1. Cut beef steaks into 1-1/4-inch pieces. Combine marinade ingredients in medium bowl. Remove and reserve 2 tablespoons for salsa. Add beef to remaining marinade; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Remove beef from marinade; discard marinade. Thread beef pieces onto six 10-inch metal skewers, leaving small space between pieces. Alternately thread fruit and vegetable pieces evenly onto six 10-inch metal skewers.
3. Place fruit and vegetable kabobs on grid over medium, ash-covered coals. Grill, covered, 12 to 15 minutes or until vegetables are tender, turning occasionally. Remove; keep warm. Place beef kabobs in center of grid. Grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Remove fruit and vegetables from skewers; coarsely chop. Combine with reserved marinade, lime peel and 1/2 teaspoon salt in medium bowl. Season beef with salt and pepper, as desired. Serve with Pineapple Salsa.

Nutrition information per serving: 207 calories; 8 g fat (2 g saturated fat; 5 g monounsaturated fat); 57 mg cholesterol; 259 mg sodium; 9 g carbohydrate; 1.5 g fiber; 24 g protein; 3.4 mg niacin; 0.4 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 3.1 mg iron; 25.8 mcg selenium; 5.6 mg zinc.

Mediterranean Beef Meatball Kabobs

Total recipe time: 25-30 minutes

Makes 4 servings

- 1- pound Ground Beef (93% lean or leaner)
- 1/4 cup dry breadcrumbs
- 2 egg whites or 1 whole egg
- 2 tablespoons chopped fresh parsley
- 2 tablespoons water
- 2 cloves garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 flatbreads (such as naan, lavash or pita bread)

Toppings (optional):

- Chopped tomatoes, chopped cucumber, chopped red onion, chopped fresh parsley, Tzatziki sauce



1. Heat oven to 400°F. Combine Ground Beef, breadcrumbs, egg whites, parsley, water, garlic, cumin, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into sixteen 1-1/4-inch meatballs.
2. Thread meatballs onto four 10-inch skewers. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in 400°F oven 18 to 20 minutes.
3. Remove meatballs from skewers. Serve in flatbreads. Garnish with Toppings, as desired.

Test Kitchen Tips *Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

Nutrition information per serving: 360 calories; 13 g fat (4 g saturated fat; 7 g monounsaturated fat); 76 mg cholesterol; 763 mg sodium; 26 g carbohydrate; 1.6 g fiber; 33 g protein; 9.2 mg niacin; 0.5 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 5.2 mg iron; 32.3 mcg selenium; 6.8 mg zinc; 82.1 mg choline.

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