



## **Beef Kabobs**

Beef skewers are pretty easy to make and an affordable way to entertain using beef. They are colorful and full of flavor. Serve these with a verdolaga salad and crispy smashed potatoes. You will be cooking these on medium heat for a total of 7 to 8 minutes per side.

For these delicious skewers you will need:

15 skewers - if you are using bamboo ones make sure to soak them for at least 20 minutes

4 pounds London broil, trimmed and cubed into large pieces.

15 large white mushrooms, halved

1 large red bell pepper, cubed into large pieces

1 large red onion, cubed into large pieces

1/2 cup olive oil

1/2 cup red wine vinegar

1 teaspoon sugar

1 tablespoon dry oregano leaves, crumbled

In a small bowl whisk together the oil, vinegar, sugar and oregano. Season with salt and pepper.

String the meat, alternating with a mushroom, onion and pepper on your skewers. Use 3 pieces of meat and 2 pieces of each vegetable.

Season skewers generously with salt and pepper. Brush them with the marinade. Cover and refrigerate for a minimum of 30 minutes.

Heat the grill and reduce to medium heat. Clean the grids and oil with olive oil. Place the skewers on the grill and cook for 6 to 7 minutes. Flip and cook for an extra 6 to 7 minutes. Serve and enjoy!

