



Beef Kabobs

Serves four

8 skewers – if you are using bamboo ones make sure to soak them for at least 30 minutes
1 pound London broil, trimmed and cubed into 1-inch cubes
2 tomatoes – seeded and cubed
1 large red bell pepper, cubed into large pieces
1 large red onion, cubed into large pieces
Crushed dried oregano
Salt & Pepper

FOR THE BASTING SAUCE:

1 large tomato
1 green chili pepper – seeded
3 mint leaves
1 tsp. olive oil
Salt

Place all of the ingredients in a blender. Taste for salt and adjust as necessary. Use the sauce for basting the skewers. Any left-over sauce can be served with the finished meal as a salsa.

FOR THE SKEWERS:

Place the cubed beef in a bowl and drizzle with olive oil. Season with salt and pepper. String the meat, alternating with a tomato cube, onion cube and pepper cube on your skewers. Start with and finish with meat cubes.

If using a grill - heat the grill and reduce to medium heat. Clean the grids and oil with olive oil. Place the skewers on the grill. Brush the skewers generously with the tomato sauce. Cook for 3 to 4 minutes, until meat has a brown crust. Flip and baste the other side. Cook for another 3 to 4 minutes. Repeat this process one more time.

If using a griddle or skillet – heat the pan until hot. Brush it with some olive oil. Place the skewers on the pan and brush generously with the tomato sauce. Cook for 3 to 4 minutes, until meat has a brown crust. Flip and baste the other side. Cook for another 3 to 4 minutes. Repeat this process one more time. Serve with the remaining tomato sauce and enjoy!

2 skewers - CALORIES 265.55; FAT 13.72 grs (sat 4.48; mono 7.7; poly 0.96); PROTEIN 26.02 grs ; FIBER 2.36 grs; CARBS 8.74 grs; CHOLESTEROL 52.89 mg; IRON 2.66 mg; SODIUM 951.09 mg; CALCIUM 27.29 mg

