

Marinated Beef & Veggie Kabobs

Beef & Veggie Kabobs are loaded with tender beef and crunchy veggies. If these veggies aren't your favorite, customize with the vegetables of your choice. Your protein and vegetables all in one tasty skewer!

Serves: 4

Ingredients:

2 Large Sirloin Steaks, cut into 1 ½" cubes
1 Red Bell Pepper, cut into large cubes
1 Green Bell Pepper, cut into large cubes
2 Zucchini, about 1" in diameter, cut into 1" rounds
8 Ounces Whole Cremini Mushrooms, cleaned and stem trimmed
Wooden Skewers

Beef Marinade:

½ Cup *More Than Olives Garlic Olive Oil*
¼ Cup *More Than Olives Traditional Aged Balsamic Vinegar*
⅓ Cup Soy Sauce
¼ Cup Worcestershire Sauce
2 Tablespoon Italian Seasoning
1 Teaspoon Black Pepper

Veggie Marinade:

¼ Cup *More Than Olives Garlic Olive Oil*
¼ Cup *More Than Olives Traditional Aged Balsamic Vinegar*
2 Tablespoon Italian Seasoning
1 Teaspoon Black Pepper
1 Teaspoon Sea Salt

Instructions:

Trim the fat and any visible gristle from the steak. Cube the steak into 1 ½" cubes and place them in a gallon sized sealable bag. Add the ingredients for the beef marinade into a bowl and stir to combine. Add the marinade to the plastic bag of beef. Seal up the bag removing as much air as possible. Move around the chunks of beef to coat them with the marinade. Marinate for about an hour.

Clean and cut the vegetables and add them to a large bowl. Do not remove the whole stem of the mushroom, just trim ¾ of the stem. This will help the mushroom stay tight on the skewer. Add the Veggie Marinade ingredients to a bowl and stir to combine. Pour the marinade over the vegetables and gently stir to combine. Stir the vegetables a few times while the beef marinates. Thread the beef and vegetables onto the skewers. Each skewer should have at least 4 pieces of beef and alternating vegetables.

Heat up the grill or your stove cast iron grill pan to medium high heat. Place the skewers on the grill. Do not crowd them. Cook them 8-10 minutes total, turning every 3-4 minutes. If you need the beef closer to medium/well done, cook them a little longer. Use an insta-read temperature in the meat to determine doneness.

Remove the kabobs from the grill and let them rest on a platter for 3-5 minutes. This will allow the juices in the beef to re-distribute. Serve with a side of rice, potatoes, or a hearty spinach salad.