

THREE-PEPPER BEEF KABOBS

Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium

Serves: 1 kabob

Nutrition (per serving)

Calories: 322	Total Carbohydrate: 4
Total Fat: 13 g	Dietary Fiber: 1.2 g
Saturated Fat: 4.5 g	Protein: 44 g
Sodium: 94 mg	

Ingredients

1.25lbs boneless beef top sirloin steak

8 large mushrooms

1/2 small green pepper

1/2 small red pepper

1/2 small yellow pepper

Seasoning:

2 Tbsp vegetable oil (olive or canola)

- 1 Tbsp lemon juice
- 1 Tbsp water
- 2 tsp honey
- 1/2 tsp dried oregano leaves, crushed
- 1 tsp pepper

Directions

1. Cut beef steak and peppers into 1 inch pieces.
2. Combine seasoning ingredients in large bowl. Add beef, mushrooms, and peppers; toss to coat.
3. Alternately thread beef, mushrooms, and bell pepper onto four 12-inch metal skewers.
4. Place kabobs on grill over medium, ash-covered coals. Grill uncovered, about 10-12 minutes for medium rare to medium doneness, turning once.