

July 2019 TV Recipes—STEAK KABOB RECIPES

Cubes of seasoned, tender steak grilled with your favorite veggies, or even fruit, on a stick! A recipe that's perfect for an appetizer, snack, or dinner.

Beef, Pepper and Mushroom Kabobs

A step up from a basic Sirloin-and-veggie kabob, thanks to a quick marinade of lemon juice, Dijon mustard, honey and oregano. Try it with a hearty wild rice blend.

Recipe time: 30 minutes – Makes 4 servings

- 1-pound beef Top Sirloin Steak boneless, cut 1-inch thick
- 1 large green, red or yellow bell pepper, cut into 1-1/4-inch pieces
- 12 large mushrooms
- 1 package (6.0 ounces) long grain and wild rice blend
- 1/4 teaspoon salt

Marinade:

- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 2 teaspoons Dijon-style mustard
- 1 teaspoon honey
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon pepper

1. Trim fat from beef Top Sirloin Steak; cut into 1-1/4-inch pieces. In large bowl, whisk together Marinade ingredients; add beef, bell pepper and mushrooms, tossing to coat. Alternately thread pieces of beef, bell pepper and mushrooms on each of four 12-inch metal skewers. Discard Marinade.
2. Prepare rice according to package directions; keep warm.
3. Meanwhile place kabobs on grid over medium, ash-covered coals. Grill kabobs, covered, 8 to 11 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally; season with salt. Serve kabobs with rice.

***Cook's Tip:** To broil, place kabobs on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare to medium doneness, turning occasionally; season with salt.*

***Nutrition information per serving:** 359 Calories; 9 Calories from fat; 9g Total Fat (3 g Saturated Fat;) 76 mg Cholesterol; 781 mg Sodium; 37 g Total Carbohydrate; 32 g Protein; 5.2 mg Iron. This recipe is an excellent source of Protein, and Iron.*



Citrus-Marinated Beef Top Sirloin & Fruit Kabobs

This recipe combines fresh fruit and steak in a colorful, easy to eat kabob. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Recipe time: 25 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak Center Cut, Boneless (about 1 pound)
- 1 medium orange
- 1/4 cup chopped fresh cilantro
- 1 tablespoon smoked paprika
- 1/4 teaspoon ground red pepper (optional)
- 4 cups cubed mango, watermelon, peaches and/or plums

Garnish

- Chopped fresh cilantro leaves



1. Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef Steak into 1-1/4-inch pieces. Place beef and 2-1/2 tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food safe plastic bag; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
3. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, 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. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
4. Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

Nutrition information per serving, using Choice grade beef: 239 Calories; 5.7 Calories from fat; 5.7g Total Fat (1.8 g Saturated Fat; 2.5 g Monounsaturated Fat;) 69 mg Cholesterol; 53 mg Sodium; 22 g Total Carbohydrate; 3.4 g Dietary Fiber; 28 g Protein; 3.2 mg Iron; 6.3 mg Niacin; 0.7 mg Vitamin B₆; 3.2 mcg Vitamin B₁₂; 6.6 mg Zinc; 30.1 mcg Selenium; 109.7 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Beef Top Sirloin & Potato Kabobs

Use the microwave and the grill to expedite the cooking process for these tasty beef and potato kabobs.

Recipe time: 30 minutes – Makes 4 servings

- 1 pound beef Top Sirloin Steak boneless, cut 1-inch thick
- 1 pound red-skinned potatoes
- 2 medium yellow or zucchini squash

Sauce:

- 3/4 cup steak sauce
- 2 teaspoons minced garlic



1. Cut potatoes into 1-1/2-inch pieces. Place in microwave-safe dish; cover with vented plastic wrap. Microwave on HIGH 6 to 8 minutes or until just tender, stirring once. Cool slightly.
2. Combine sauce ingredients in 1-cup glass measure. Microwave on HIGH 1-1/2 minutes, stirring once.
3. Cut squash lengthwise in half. Cut beef Top Sirloin Steak and squash into 1-1/4-inch pieces. Combine beef, squash, potatoes and 1/3 cup sauce in large bowl; toss. Alternately thread beef and vegetables onto metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once and brushing with remaining sauce during last 5 minutes.

Nutrition information per serving: 301 Calories; 5 Calories from fat; 5g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 49 mg Cholesterol; 763 mg Sodium; 32 g Total Carbohydrate; 2.6 g Dietary Fiber; 30 g Protein; 3 mg Iron; 9.1 mg Niacin; 1.2 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.5 mg Zinc; 31.3 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, and Iron.

Sonoma-Style Beef Skewers

*A bed of orzo and swiss chard is topped with grilled Top Sirloin kabobs and a simple homemade tomato sauce.
A complete meal in one recipe!*

Recipe time: 65 minutes – Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless, cut 1-inch thick
- 1 pound Swiss chard
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 teaspoon minced garlic
- 1/4 cup water
- 1/2 teaspoon kosher salt
- 3 cups cooked whole grain or regular orzo
- 2 tablespoons toasted pine nuts (optional)

Sauce:

- 4 large plum tomatoes
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, minced

Seasoning:

- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon freshly ground black pepper



1. Prepare Sauce. Place tomatoes on grid over medium-high coals. Grill, covered, 9 to 11 minutes or until skins are completely blackened, turning frequently. Remove and discard skins from tomatoes. Finely chop tomatoes; place in medium bowl. Add remaining sauce ingredients; season with salt, as desired. Set aside.
2. Cut beef steak into 8 equal pieces. Combine Seasoning ingredients in large bowl. Add beef; toss to coat. Soak four 6-inch bamboo skewers in water 10 minutes; drain. Thread 2 beef pieces onto each skewer, leaving small space between pieces.
3. Place skewers on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 9 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Meanwhile, remove and finely chop Swiss chard stems and ribs. Thinly slice chard leaves. Heat oil in large skillet over medium heat until hot. Add onion; cook and stir 4 to 5 minutes or until tender. Add chard stems and leaves in batches, if necessary; cook and stir about 2 minutes or until leaves are wilted. Add garlic; cook and stir about 20 seconds. Add water; cover and cook 3 to 5 minutes or until stems are tender. Season with salt.

***Cook's Tip:** To thinly slice Swiss chard leaves, stack several leaves. Roll stack lengthwise into cylinder. Cut cylinder crosswise at close intervals with sharp knife.*

5. Combine orzo with chard mixture; divide among 4 bowls. Top each with 1 beef skewer; spoon some sauce on top. Garnish with pine nuts, if desired. Serve with remaining sauce.

Nutrition information per serving: 573 Calories; 20 Calories from fat; 20g Total Fat (4 g Saturated Fat; 12 g Monounsaturated Fat;) 49 mg Cholesterol; 545 mg Sodium; 61 g Total Carbohydrate; 5.5 g Dietary Fiber; 38 g Protein; 6.3 mg Iron; 12 mg Niacin; 0.2 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 6.3 mg Zinc; 32 mcg Selenium. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₁₂, Zinc, and Selenium; and a good source of Vitamin B₆.

Sweet Sesame Glazed Beef Kabobs

These marinated and grilled skewers are a great blend of Asian flavors with cubes of beef steak, and big pieces of red bell pepper, fresh pineapple and zucchini.

Recipe time: 45 minutes – Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless, cut 1-inch thick
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium zucchini, cut lengthwise in half, then crosswise into 1-inch pieces
- 16 canned pineapple chunks, drained
- Salt and pepper
- Uncooked quick-cooking brown rice

Marinade:

- 3 large cloves garlic, minced
- 2 tablespoons sesame seeds
- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 2 tablespoons soy sauce

1. Cut beef steak into 1-1/4-inch pieces. Combine marinade ingredients in a small bowl. Remove and reserve 1/4 cup in a microwave-safe measuring cup. Place beef and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.

Soak eight 10-inch bamboo skewers in water 10 minutes; drain.

2. Remove steak from marinade; discard marinade. Alternately thread beef, bell pepper, zucchini and pineapple evenly onto eight 10-inch skewers.
3. Place the kabobs on a grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, covered, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season with salt and pepper, as desired.
4. Meanwhile, prepare rice according to microwave package directions.
5. Place the reserved marinade in the microwave. Microwave on HIGH 30 to 60 seconds or until hot and just beginning to bubble; stir after heated.
6. Serve the kabobs over the rice. Drizzle with the heated marinade.

Nutrition information per serving: 352 Calories; 7 Calories from fat; 7g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 49 mg Cholesterol; 294 mg Sodium; 40 g Total Carbohydrate; 3.4 g Dietary Fiber; 31 g Protein; 2.8 mg Iron; 9.5 mg Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.3 mg Zinc; 31.1 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, and Iron.



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