



Steak Kebabs



prep time
25 minutes



total time
3 hr, 35 min



servings
5

Ingredients

Marinade

- 1/4 cup olive oil ~ 4 fat servings
- 1/4 cup coconut aminos
- 1 1/2 tbsp fresh lemon juice
- 1 1/2 tbsp red wine vinegar
- 2 1/2 tbsp Worcestershire sauce
- 1 tbsp honey ~ 1 carb serving
- 2 tsp Dijon
- 1 tbsp minced garlic
- 1 tsp freshly ground black pepper

Kebabs

- 1 3/4 lbs/790 grams sirloin steak (look for thicker steaks), cut into 1 1/4 inch pieces ~ 25 protein servings
- 8 oz/240 grams button or cremini mushrooms, halved (unless small, keep whole) ~ 2 veggie servings
- 3 bell peppers (1 red, 1 green, 1 yellow) cut into 1 1/4-inch pieces ~ 3 veggie servings
- 1 large red onion diced into chunks (about 1 1/4-inch) ~ 1 veggie serving
- 1 Tbsp olive oil, plus more for brushing grill grates ~ 1 fat serving
- Salt and freshly ground black pepper
- 1/2 tsp garlic powder
- 10 wooden skewer sticks soaked in water for at least 30 minutes

 backyard bbq

Instructions

- 1 For the marinade, whisk together all marinade ingredients together in a bowl.
- 2 Place steak into a gallon size resealable bag. Pour marinade over steak then seal bag while pressing out excess air and massage marinade over steak. Transfer to refrigerator and allow to marinate 3 - 6 hours.
- 3 Preheat a grill over medium-high heat to about 425 degrees.
- 4 With veggies on cutting board, drizzle with oil and lightly toss to coat.
- 5 Sprinkle veggies evenly with garlic powder and season with salt and pepper. To assemble kebabs, layer steak and veggies onto kebabs in desired order, work to fit 4 steak pieces onto each kebab.



- 6 Brush grill grates lightly with oil. Place kebabs on grill and grill until center of steak registers about 140 - 145 degrees for medium doneness, turning kebabs occasionally, about 8 - 9 minutes. Serve warm.

Whole Recipe Breakdown:
25 Servings Protein
1 Servings Carb
5 Servings Fat
6 Servings Veggies

