
Soy-Garlic Beef Kabobs

Summer Cookout Cookbook

Food Network Magazine- June 2021

TIPS and TRICKS

** *If you are using wooden skewers, soak them in water for 20 minutes before grilling to prevent scorching.*

** *To ensure even cooking, cut your meat into similar-size pieces.*

** *Don't overcrowd your skewers with too many ingredients - you need room for heat circulation.*

1/2 cup soy sauce

1/4 cup rice vinegar

1/4 cup brown sugar

1 tablespoon sriracha sauce

3 cloves garlic, grated

1 1/2 pounds beef tri-tip, cut into one-inch cubes

onion wedges

scallion pieces

vegetable oil

In a bowl, whisk the soy sauce with the rice vinegar, brown sugar, sriracha and cloves.

Toss the beef with the mixture. Marinate for one to four hours.

Thread the beef onto skewers along with the onion wedges and scallion pieces. Brush with vegetable oil.

Grill on oiled grates over medium-high heat, turning, 7 minutes.

Beef, Grilled

Per Serving (excluding unknown items): 234 Calories; trace Fat (0.5% calories from fat); 8g Protein; 54g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8246mg Sodium. Exchanges: 3 1/2 Vegetable; 2 1/2 Other Carbohydrates.