

**Beef, Grilled**

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# **Steak and Pepper Kebabs**

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**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 30 minutes**

**3 tablespoons sesame oil**

**1 tablespoon lime juice**

**2 tablespoons soy sauce**

**1-inch piece ginger, peeled and grated**

**2 cloves garlic, chopped**

**1 teaspoon sugar**

**1/8 teaspoon salt**

**1 pound boneless beef sirloin, cut into 1-1/2-inch cubes**

**1 red bell pepper, cut into 1-inch squares**

**1 yellow bell pepper, cut into 1-inch squares**

**1 orange bell pepper, cut into 1-inch squares**

In a small bowl, combine the oil, lime juice, soy sauce, ginger, garlic, sugar and salt.

Place the beef in a resealable one-gallon freezer bag. Add the marinade and shake to coat. Refrigerate for one hour.

Soak eight wooden skewers in water for at least 15 minutes.

Preheat the grill.

Remove the beef cubes from the bag. Discard the marinade. Thread on the skewers, alternating with the bell peppers.

Grill the kebabs for 6 to 8 minutes, turning once, until the beef reaches the desired doneness and the vegetables soften and brown.

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Per Serving (excluding unknown items): 118 Calories; 10g Fat (75.5% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 580mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.