



## SHISH KABOBS

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### INGREDIENTS:

- 3 lb. beef chuck steak (cut into 1 1/2" cubes)
  - 3-4 large bell peppers (cut into 1 1/2" cubes)
  - 2 large onions (cut into 1 1/2" cubes)
  - 2 trays whole mushrooms (clean & trim stems)
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- 25-30 bamboo skewer sticks 10"

### DIRECTIONS:

1. Place meat in a Ziploc bag. Combine the vegetables in another Ziploc bag. \*Tip: double bag meat & vegetables to avoid sauce from leaking.
2. In a large bowl, combine all sauce ingredients and mix well. Divide sauce evenly into the two Ziploc bags. Close bags & shake well. Marinate in refrigerator overnight.
3. Soak bamboo skewers in water for 1 hour before putting on meat and vegetables to avoid them from burning while cooking.
4. Thread meat and vegetables on skewers in an alternating fashion. Grill for 8 to 10 minutes or until meat is cooked. Turn kabobs on each side while grilling so that meat and vegetables are evenly cooked.

### Sauce Ingredients

- 1/2 c. Worcestershire sauce
- 2 1/2 tsp salt
- 2 tsp pepper
- 1 c. shoyu
- 1/2 c. wine vinegar
- 2 c. sesame seed oil
- 4 cloves garlic (crushed)

