

## Three Pepper Beef Kabobs

### **Ingredients:**

- **1 lb. Boneless Beef Sirloin Steak, Cut 1" Thick**
- **2 Tbsp Vegetable Oil**
- **1 Tbsp each Fresh Lemon Juice & Water**
- **2 Tbsp Dijon-Style Mustard**
- **1 Tsp Honey**
- **½ Tsp Dried Oregano**
- Leaves**
- **¼ Tsp Pepper**
- **1 Green, Red, or Yellow Bell Pepper, Cut into 1" Pieces**
- **8 Large Mushrooms**

### **Preparation:**

*Cut beef steak into 1" pieces. Whisk together oil, lemon juice, water, mustard, honey, oregano, and pepper in a large bowl; add beef, bell pepper pieces, and mushrooms, stirring to coat. Alternately thread pieces of beef, bell pepper, and mushrooms on each of four 12" skewers. Place kabobs on rack in the broiler pan so surface of meat is 3 to 4 inches from the heat. Broil 9 to 12 minutes for rare to medium, turning occasionally. Season with salt, if desired. Serve over hot cooked long grain and wild rice.*

### **Makes 4 Servings**

*Note: Beef kabobs may also be grilled. Place on grid over medium coals. Grill 8 to 11 minutes.*

