



All for the Beef

Prep 15 mins
Cook 15 mins
Yields 6 servings

Beef Kabobs with Peanut Sauce



Shopping List

Beef top sirloin or strip loin grilling steak
 Canola oil
 Rice vinegar
 Fresh parsley
 Ground cumin, coriander, cinnamon, ground ginger, hot pepper flakes
 Red onion and sweet yellow/green peppers
 Garlic cloves (optional for sauce)
 Crunchy peanut butter (optional for sauce)
 Chicken broth (optional for sauce)
 Lemon juice (optional for sauce)
 Garlic chili sauce (optional for sauce)
 Granulated sugar (optional for sauce)
 Coconut milk (optional for sauce)

Ingredients

3 tbsp (45 mL) canola oil
 2 tbsp (30 mL) rice vinegar
 2 tbsp (30 mL) chopped fresh parsley
 1 tsp (5 mL) ground cumin
 1 tsp (5 mL) coriander
 1 tsp (5 mL) cinnamon
 1 tsp (5 mL) hot pepper flakes (or to taste)
 ½ tsp (2 mL) garlic powder
 ½ tsp (2 mL) ground ginger
 1 ½ lb (750 g) beef top sirloin or strip loin grilling steak, 1 inch (2.5 cm) thick, cut into cubes
 Peanut Sauce (recipe follows)
 1 red onion, cut into chunks
 2 sweet yellow and green peppers, cut into chunks

Instructions

1. Combine oil, vinegar, parsley, cumin, coriander, cinnamon, hot pepper flakes, garlic powder and ginger in large sealable freezer bag or bowl. Add beef cubes and toss well coat. Seal or cover and refrigerate for 30 minutes or up to 12 hours.
2. Meanwhile, prepare Peanut Sauce and set aside, refrigerating if held for more than 1 hour.
3. Thread beef cubes, onion and yellow and green peppers alternately onto soaked wooden skewers. Grill over medium-high heat on lightly oiled grill, turning once, for about 5 minutes per side for medium-rare. Serve with Peanut Sauce for dipping.



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To use these as an appetizer, cook beef cubes and veggies on a foil-lined baking sheet under the broiler for about 8 minutes -- pierce each beef cube with a toothpick along with 1 veggie wedge and place on platter to serve. Sprinkle with some toasted sesame seeds to dress them up (if desired).

Peanut Sauce: In medium saucepan, combine 1 clove garlic (minced), $\frac{1}{2}$ cup (125 mL) each crunchy peanut butter and reduced-sodium chicken broth, 1 tbsp (15 mL) reduced-sodium soy sauce, 2 tsp (10 mL) fresh lemon juice and 1 tsp (5 mL) each garlic-chili sauce and granulated sugar. Bring to boil over medium-high heat, stirring often. Reduce heat and simmer, stirring, for about 1 minute or until sauce thickens slightly. Stir in $\frac{1}{4}$ cup (50 mL) coconut milk and cook, stirring until heated through. Serve warm.

Nutrition Facts

per serving

Amount

Calories	282
Protein	22 g
Fat	17.3 g
Carbohydrate	11 g
Fibre	3 g
Sodium	231 mg

notes
