



All for the Beef

Prep 15 mins

Cook 15 mins

Yields 6 servings

Beef Kabobs with Peanut Sauce

Recipe Card



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.

