

Beef, Grilled

Sweet Orange-Teriyaki Beef & Vegetable

Kabobs

Kikkomanusa.com

Servings: 4

Start to Finish Time: 35 minutes

marinate: 30 minutes

1 pound boneless beef sirloin steak, cut 1-inch thick

1 summer squash, cut into 1-inch pieces

1 medium red or green bell pepper, cut into 1 1/2-inch pieces

MARINADE

1/2 cup Kikkoman Teriyaki Marinade & Sauce

1/3 cup orange marmalade

1 to 2 teaspoons Kikkoman Sriracha hot chili sauce

1 large clove, garlic

Cut the beef steak into 1 1/4-inch pieces.

In a small bowl, combine the marinade ingredients, stirring well. Reserve two tablespoons of the marinade. Place half of the remaining marinade and the beef in a food-safe plastic bag. Turn to coat,

Place the remaining marinade, squash and bell pepper in another food-safe plastic bag.

Close the bags securely. Refrigerate for 30 minutes to two hours, turning occasionally.

Remove the beef and vegetables from the marinade. Discard the marinade.

Alternately thread the beef and vegetables evenly onto four 15-inch metal skewers.

Grill 8 to 10 minutes covered on medium, ash-covered coals or a preheated gas grill for medium rare (145 degrees) to medium (160 degrees) doneness. Turn occasionally and brush the kabobs generously with the reserved two tablespoons of marinade.

Per Serving (excluding unknown items): 80 Calories; trace Fat (4.4% calories from fat); 1g Protein; 21g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.