

BEEF KEBABS ON A STICK

ingredients:

- ½ cup dry red wine
- ¼ cup extra virgin olive oil
- 2 tablespoons Worcestershire sauce
- 2 tablespoons lemon juice
- 2 cloves garlic, sliced
- 2 pounds beef tenderloin
- 1 pound small button mushrooms
- 1 large red onion, cut into large pieces
- 1 yellow, red, and green pepper, cut into large squares

Optional: Zucchini, cut into large pieces
Salt and pepper to taste

directions:

*Prepare your meat and marinade at least 1 hour prior to grilling.

1. Combine the red wine, olive oil, Worcestershire sauce, lemon juice and garlic cloves in a bowl. Mix thoroughly. Cut the beef into 1-½" cubes. Put the marinade, beef and vegetables in to a heavy-duty plastic zip bag and place in to a container to safeguard against any leaks. Refrigerate for at least 1 hour.
2. Remove the meat and vegetables from the marinade and place onto bamboo skewers that have been soaked for 30 minutes in water.
3. Pre-heat grill to medium-high heat. Grill them on all sides until nicely charred, about 3 minutes a side. Enjoy!



Makes 4
Servings