

SUMMER STEAK KABOBS

Preparation: 20 mins. | Cooking: 10 mins. | Servings: 6

INGREDIENTS

1 1/2 pounds beef top sirloin steak, cut into 1-inch cubes
1/2 pound whole fresh mushrooms
2 medium onions, cut into wedges
1 medium sweet red pepper, cut into 1-inch slices
1 medium green pepper, cut into 1-inch slices
1 medium yellow summer squash, cut into 1-inch slices
1/2 cup canola oil
1/4 cup soy sauce
3 tablespoons honey
2 tablespoons white vinegar
1/2 teaspoon ground ginger
1/2 teaspoon garlic powder
Cooked brown rice



INSTRUCTIONS

In a large bowl, combine canola oil, soy sauce, honey, vinegar, ginger and garlic powder. Add beef; turn to coat. Cover, and refrigerate 8 hours or overnight. On 12 metal or soaked wooden skewers, alternately thread beef and vegetables; discard marinade. Grill kabobs, covered, over medium heat until beef reaches desired doneness(10-12 minutes), turning occasionally. Serve with rice.