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Beef Kabob

Prep/ Cook Time: 2 hours

SERVES 4

Ingredients:

- 1 lb. stew beef meat, cut into 1 in. thick cubes
- ½ cup teriyaki sauce
- 1/3 cup dry red wine
- 1 tbsp. Worcestershire sauce
- ½ tsp. garlic salt
- ½ small pineapple, cut into wedges
- 1 large green pepper, cut into 1 in. thick cubes
- 1 large onion, cut into 1 in. thick cubes

Steps:

1. In a large mixing bowl whisk together teriyaki sauce, red wine, Worcestershire sauce and garlic salt. Before adding beef set aside a small amount of marinade to brush onto kabobs while they cook. Place stew meat, pineapple, green pepper and onion into bowl and coat generously with marinade. *If this is being served the day of just marinate the beef and vegetables in the refrigerator at least 2 hours before grilling. If not, cover bowl with plastic wrap and refrigerate overnight.
2. Preheat charcoal grill for high heat.
3. Drain marinade from the beef and vegetables. Discard the drained marinade.
4. Using four skewers, thread beef, green pepper, pineapple and onion alternately until you have 4 or 5 pieces of each item on each skewer.
5. Lightly oil grill grate before placing skewers on grill. Place skewers on grill and cook for 12 to 15 minutes, until kabobs are done. While grilling turn and baste kabobs with the reserved marinade. When kabobs are done remove from skewers and serve immediately.

*Great with rice, feta cheese and pita bread!