

Shish Kabobs

(4 servings)



Shopping list:

- *2 pounds boneless sirloin steaks*
- *3 bell peppers*
- *1 zucchini*
- *1 small red onion*
- *1 small yellow onion*
- *1/2 cup extra virgin olive oil*
- *2 tablespoons of steak seasoning*
- *10 bamboo skewers*
- *2-9X13" baking pans*
- *Plastic wrap*
- *Aluminum foil*

Prep:

1. Cut the meat and vegetables into squares that are 1"-2" across
2. Thread onto bamboo skewers. Place meat on one skewer and vegetables on another. (Meat might need more time to cook on the grill.)
3. Baste skewers with extra virgin olive oil.
4. Sprinkle steak seasoning onto skewers.
5. Place in two 9X13" baking pans, cover the entire skewer with layers of plastic wrap and foil. Freeze for up to 3 months.

Cook:

1. The night before cooking, move frozen pans to your refrigerator to thaw.
2. Remove aluminum foil and place skewers on the grill or oven at 400°F and cook until meat is at desired temperature and vegetables are cooked. The internal temperature of the meat should be 145°F.
3. Remove food from skewers and enjoy!