

Teriyaki Beef and Vegetable Kebabs

Makes: 4 to 6 skewers • **Prep Time:** 15 to 20 minutes • **Bake Time:** 10-15 minutes

Tasty Teriyaki Beef and Vegetable Skewers for any day of the week!

Ingredients

1/4 cup teriyaki sauce (sometimes called teriyaki marinade)
1 Tbsp. tomato paste
2 tsp. olive oil (or use vegetable oil)
2 cloves garlic, minced
1 1/2 tsp. dried oregano
1/4 tsp. freshly ground black pepper
8 oz. (226 g) sirloin steak, cut into 1-inch cubes
1 small bell pepper, cut into 1-inch pieces
1 small zucchini, cut into 1-inch pieces
1/2 onion, cut into 1-inch pieces
Fresh pineapple (optional) cut into 1-inch pieces

Directions

- **To make marinade**, whisk together teriyaki sauce, tomato paste, olive oil, garlic, oregano and black pepper in an 8 -inch (23 cm) square baking dish. Add beef and toss to coat in marinade. Let marinate for at least an hour or overnight.
- **To skewer**, alternately thread marinated beef, cut bell peppers, zucchini, onions and pineapple onto wooden or metal skewers - **OR** - Thread marinated meat onto skewers and toss the cut vegetables and pineapple in a grilling basket. Add 1 tablespoon of olive oil and toss. Season with salt and pepper, then toss again.
- **To cook**, preheat grill on high setting. Grill kebabs for 10 to 15 minutes, turning occasionally, or until beef is cooked to how you like it. Grill vegetables for the same amount of time, tossing occasionally with barbecue tongs until vegetables are slightly charred around edges.



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