

GRILLED BEEF KABOBS

by Chef John Findley, Executive Chef at The University Club of MSU

Featured Food: Beef

Yield: Serves 10

Ingredients

20-1 oz. cubes of beef (tenderloin, N.Y. strip, or top sirloin)	10 cherry tomatoes
Salt, pepper, garlic	10 metal or wood skewers
10-1 inch squares of red, yellow, or green pepper	Olive oil
10 onion cubes	Herbs and spices as desired
10 mushroom caps	

Preparation

Season the meat cubes with salt, pepper, garlic. Grab a skewer and start to assemble the the kabobs, alternating the meat and vegetables. Put 2 pieces of meat on a skewer and 1 of each vegetable. Place on a baking tray and brush the olive oil on each skewer and then season with the desired herbs and spices.

Preheat grill to high. Once the grill is hot, place the kabobs on the grill and cook on each side for 3-6 minutes meat reaches desired temperature. Serve.