

THREE-PEPPER BEEF KABOBS

Preparation time: 25 minutes

- 1 pound boneless beef sirloin steak, cut 1-inch thick**
- 2 tablespoons vegetable oil**
- 1 tablespoon each fresh lemon juice and water**
- 2 teaspoons Dijon-style mustard**
- 1 teaspoon honey**
- ½ teaspoon dried oregano leaves**
- ¼ teaspoon pepper**
- 1 medium green, red or yellow bell pepper, cut into 1-inch pieces**
- 8 large mushrooms**



Serving suggestion: Hot, cooked long-grain and wild rice.

Cut beef steak into 1-inch pieces. Whisk together oil, lemon juice, water, mustard, honey, oregano and pepper in large bowl; add beef, bell pepper and mushrooms, stirring to coat. Alternately thread pieces of beef, bell pepper and mushroom on each of four 12-inch skewers. Place kabobs on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 9 to 12 minutes for rare to medium, turning occasionally. Season with salt, if desired. Yield 4 servings.

******Note: Beef kabobs may also be grilled. Place on grid over medium coals. Grill 8 to 11 minutes.******