



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Teriyaki Beef Kabobs

Serves 4

Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. freshly minced ginger
- 3 cloves fresh garlic, minced (about 1 tablespoon)
- 1 Tbsp. brown sugar
- 1 tsp. red pepper flakes
- ¾ cup teriyaki sauce
- 2 Tbsp. soy sauce
- 1 tsp. sesame oil
- ¾ cup pineapple juice
- 1–1½ pounds beef sirloin tips, cut into 1½-inch cubes
- ½ pineapple, peeled, cored, and cut into 1½-inch cubes
- 1 large sweet onion, sliced into 1½-inch cubes (about 3 onion layers each)
- 2 medium red, yellow, or orange bell peppers, cut into 1½-inch squares

Directions:

1. Prepare the marinade: In a small sauce pan, heat the oil and then add ginger, garlic, and red pepper and cook for one minute. Next stir in teriyaki sauce, the pineapple juice, soy sauce, and brown sugar. Bring the sauce to a boil, reduce heat to low and simmer for 5 minutes. Remove from heat and let cool.
2. Pour ½ cup of marinade into a small bowl and reserve to use as glaze during grilling. Place beef cubes in a large container or plastic bag. Add remaining marinade and seal bag or container and refrigerate for at least 2 hours and up to 5 hours or overnight.
3. Arrange the skewers with threading beef onto skewers and alternating with pineapple, onion, and bell peppers.
4. Preheat the grill. Then grill skewers over direct heat until beef is well seared on all sides, about 3 minutes per side. Move skewers to cool side of grill and brush all over with reserved teriyaki glaze. Cover grill and continue to cook until center of beef registers 145° F on an instant read thermometer. Transfer skewers to platter and let rest for 3–5 minutes. Serve immediately.

Note: If using bamboo skewers, soak in water for at least 30 minutes before using.