

SERVES: 4

BY AMANDA HERNANDEZ

Grilled Asian Steak Kebabs are marinated in a delicious garlic, molasses and soy sauce marinade and loaded with red potatoes, bell peppers, mushrooms and red onion for a flavor packed meal!

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 pound beef tenderloin, cut into bite sized cubes
- 2 large red potatoes, cut into about 3/4 inch cubes
- 1 cup small fresh mushrooms
- 1/2 cup red onion, cut into 1 inch pieces
- 1/2 red bell pepper, cut into 1 inch pieces
- 1/2 green bell pepper, cut into 1 inch pieces
- 1/4 cup low-sodium soy sauce
- 1/2 teaspoon MSG
- 2 tablespoons water
- 2 tablespoons molasses
- 1 tablespoon Dijon mustard
- 2 teaspoons garlic powder
- 1 teaspoon onion powder

INSTRUCTIONS

1. Toss all ingredients together in a large storage container or a gallon sized zipped bag. Let marinate for at least an hour or overnight if possible in refrigerator.
2. If using wooden skewers, soak in water so that they do not burn.
3. Remove marinated meat and vegetables from fridge and thread onto skewers.
4. Preheat grill and cook for 5 minutes on each side until meat is cooked through and vegetables are soft.

*To make this dish vegetarian, just swap the meat for tofu or make veggie only kebabs!

**Total sodium per serving: 370 mg

Enjoy!

CALORIES: 520 | FAT 25 G | PROTEIN: 52 G | SODIUM: 620 MG | CARBOHYDRATE: 17 G | FIBER: 5 G