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Shish-Kabob's Family Style (S)

Shish-Kabob's are a fun and delicious recipe that can be a very quick and easy meal for those hot summer days when you are ready to grill! The trick that we have found when making shish-kababs is to cook the beef or chicken separately from the vegetables so nothing overcooks. This recipe is "heavy" on the veggies, take time to enjoy all of these non-starchies! Please see the Recipe Notes below for some different cooking and serving options! This Family Style Shish-Kabob recipe will serve 6 to 8 people.

Serving Size: Family-size; Approximately 6 to 8

INGREDIENTS:

- 2 pounds sirloin steak (thawed; 3/4-inch-thick steaks cut into 1-inch cubes OR thawed chicken breast cut into 1 inch cubes)
- 4 large onions (yellow, white or red) (sliced into 1-inch chunks)
- 4 to 6 large bell peppers (any color; cut into 1-inch pieces)
- 36 to 48 cherry tomatoes (6 to 8 per person; or two-three packages)
- 4 zucchini (sliced into 1-inch chunks)
- 4 yellow squash (sliced into 1-inch chunks)
- 24 to 36 fresh, whole mushrooms (4 to 6 mushrooms per person; or 2-3 packages)
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons *Sweet & Smokey BBQ Seasoning Rub* recipe
- Mineral Salt (to sprinkle on top of the skewers of veggies)
- Black pepper (to sprinkle on top of the skewers of veggies)

INSTRUCTIONS:

1. If using wooden or bamboo shish-kabob skewers soak them in a shallow pan of water for about an hour while preparing the food. If using metal skewers, you can skip this step.
2. Cut your thawed sirloin or chicken breast into 1-inch chunks and place on a platter.

(Continued... *Instructions & Recipe Notes*)

(Shish-Kabob's Family Style, Continued...)

3. Sprinkle the pieces of meat with the Sweet & Smokey BBQ Seasoning Rub and then using your hands, gently rub the spice blend into each piece of meat.
4. Cover the platter of meat with plastic wrap and place in fridge while preparing the veggies.
5. Chop all vegetable into 1-inch chunks, except for the cherry tomatoes and mushrooms, leave them whole as they grill up much better when left whole.
6. Arrange all of the prepared vegetables onto a large baking tray and drizzle with the olive oil. Season lightly with the mineral salt and black pepper or to taste. Toss the veggies around to ensure that they are coated evenly.
7. Begin to thread the skewers with a vegetable of its own, for example you may get 4 full skewers of onions, 4 full skewers of cherry tomatoes, 4 full skewers of peppers, 4 full skewers of mushrooms, and 4 full skewers of each squash.
8. Next, thread the meat onto skewers of their own.
9. Place the skewers of meat and veggies onto your preheated grill set to medium high heat.
10. Grill the kabobs directly over medium/high heat for about 10-15 minutes or until cooked to your preference, turning 1/4 rotation every 2-3 minutes with a pair of tongs. Grill the veggie skewers until they are just starting to soften with slight grill marks.
11. Keep an eye on the veggies as they will get done a bit faster than the meat and they can blacken quickly if not attended to.
12. Place the cooked skewers of meat and veggies onto a baking tray. Very carefully remove the meat and veggies from the skewers and place onto serving platters of their own.

(Continued... Instructions & Recipe Notes)

(Shish-Kabob's Family Style, Continued...)

RECIPE NOTES:

Preparation, Cooking and Serving Tips...

- ▶ After much experimentation we have found that using separate skewers for each ingredient make for a most excellent shish-kabob. The meat and veggies cook more evenly, than when combining the meats and veggies on the same skewers.
- ▶ You can precut your meat & veggies the morning of your BBQ, place them in the fridge and have them ready to go for easy assembly for when you are ready to grill.
- ▶ **Time Saving Tip:** If you are looking for a time saver, you can thread the meat only onto skewers, grill until done to your liking and then use a grill pan to grill the prepared veggies on. That makes for a very beautiful presentation of mixed grilled veggies as well.
- ▶ **Build Your Own Shish-Kabob:** You can set out platters of the prepared uncooked meats and veggies and have each guest thread their own skewers with meats and veggies of their choice and then grill to their own personal liking.

NSI (If using a store-bought, plan-approved sweetener in the *Sweet & Smokey BBQ Seasoning Rub* recipe .)

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The *Shish-Kabob's Family Style* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com