



BODYBUILDING.COM™

Beef and Veggie Skewers

Prep Time: 2-3 hours Cook Time: 5 min.

Serving size: 4 skewers

Recipe makes 2 servings

Ingredients

1/2 cup olive oil

1 tsp dried oregano

1 tsp fresh rosemary

1/2 cup lemon juice

4 garlic cloves

1 red bell pepper

1 green bell pepper

8 oz. lean beef

1 red onion

8 bamboo skewers, soaked overnight

Directions

1. Preheat grill to medium-high heat.
2. Mince the garlic cloves and mix them into the olive oil.
3. Add lemon juice to the olive oil and garlic mixture, followed by the oregano and rosemary.
4. Slice the lean beef into small chunks.
5. Chop the bell peppers and onion into small squares and toss into a large bowl with the lean beef.
6. Pour the marinade into the veggie and beef bowl and mix with a fork until fully coated.
7. Let marinate in the refrigerator for 2-3 hours.
8. Place on skewers, alternating cubes of lean beef with bell peppers and onion.
9. Place on the grill and cook for 2-3 minutes per side.