



BEEF IT'S WHAT'S FOR DINNER®

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Beef Kabobs with Parmesan Orzo



Ingredients:

- 1** pound boneless beef top sirloin steak, cut 1 inch thick
- 2** red or yellow bell peppers, cut into 1-inch pieces
- 1** tablespoon chopped fresh basil or 1 teaspoon dried basil
- 1** tablespoon prepared Italian dressing
- 2** large cloves garlic, minced

Parmesan Orzo:

- 1** cup uncooked orzo pasta, cooked
- 2** tablespoons chopped fresh basil or parsley
- 3**
- 2** tablespoons shredded Parmesan cheese
- 2** teaspoons olive oil

Instructions:

- 1.** Soak eight 8-inch bamboo skewers in water 10 minutes.
- 2.** Cut beef steak into 1-1/4-inch pieces. Toss beef and bell peppers with 1 tablespoon basil, dressing and garlic in large bowl. Alternately thread beef and peppers onto skewers.
- 3.** Toss orzo ingredients in medium bowl; keep warm.
- 4.** Place kabobs on grid over medium, ash-covered coals. Grill, uncovered, about 8 to 10 minutes for medium rare to

medium doneness, turning occasionally.
Serve with orzo.

Makes 4 servings.

Nutrition information per serving: 370 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 51 mg cholesterol; 148 mg sodium; 36 g carbohydrate; 2.3 g fiber; 33 g protein; 10.3 mg niacin; 0.7mg vitamin B6; 1.5 mcg vitamin B12; 3.4 mg iron; 31.4 mcg selenium; 5.6 mg zinc.

Courtesy Cattlemen's Beef Board