



BEEF IT'S WHAT'S FOR DINNER®

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Beef Sirloin Kabobs with Roasted Red Pepper Dipping Sauce



Ingredients:

- 1-1/2** pounds boneless beef top sirloin steak, cut 1 inch thick
- 2** teaspoons coarse grind black pepper
- 3/4** teaspoon salt
- 3/4** teaspoon sweet paprika
- 2** cloves garlic, minced

Dipping Sauce:

- 1** tablespoon olive oil
- 1** medium onion, finely chopped
- 3** cloves garlic, minced
- 2** jars (7 ounces each) roasted red peppers, rinsed, drained, finely chopped
- 1/2** cup dry white wine
- 2** tablespoons tomato paste
- 3/4** teaspoon dried thyme leaves, crushed or **2** teaspoons minced fresh thyme
- 1** cup ready-to-serve beef broth
- 2** teaspoons cornstarch

Instructions:

- 1.** Heat oil in large skillet over medium heat until hot. Add onion and 3 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.
- 2.** Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. Stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or

until slightly thickened, stirring occasionally. Keep warm.

- 3.** Meanwhile cut beef steak into 1-1/4 x 1-1/4 x 1-inch pieces. Combine pepper, salt, paprika and 1 clove garlic in large bowl. Add beef; toss to coat. Thread beef pieces evenly onto six 12-inch metal skewers, leaving small space between pieces.
- 4.** Place kabobs on grid over medium, ash-covered coals. Grill, covered, about 7 to 9 minutes for medium rare to medium doneness, turning once. Serve with dipping sauce.

Makes 6 servings.

Nutrition information per serving: 235 calories; 28 g protein; 8 g carbohydrate; 9 g fat; 689 mg sodium; 76 mg cholesterol; 4.3 mg niacin; 0.5 mg vitamin B6; 2.5 mcg vitamin B12; 3.9 mg iron; 5.7 mg zinc.

Courtesy Cattlemen's Beef Board