



BEEF IT'S WHAT'S FOR DINNER®

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Mojo Beef Kabobs

40 minutes



Ingredients:

- 1** pound boneless beef top sirloin steak, cut 1 inch thick
- 1** teaspoon coarse grind black pepper
- 1** large lime, cut into 8 wedges
- 1** small red onion, cut into 8 thin wedges
- 1** container grape or cherry tomatoes (about 10 ounces)

Mojo Sauce:

- 1/4** cup fresh orange juice
- 1/4** cup fresh lime juice
- 3** tablespoons finely chopped fresh oregano
- 3** tablespoons olive oil
- 2** tablespoons finely chopped fresh parsley
- 1** teaspoon ground cumin
- 1** teaspoon minced garlic
- 3/4** teaspoon salt

Instructions:

- 1.** Whisk Mojo Sauce ingredients in small bowl. Set aside.
- 2.** Cut beef steak into 1-1/4 inch pieces; season with pepper.
- 3.** Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
- 4.** Place kabobs on grid over medium, ash-

covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium-rare to medium doneness, turning occasionally.

5. Serve kabobs drizzled with sauce.

Makes 4 servings.

Nutrition information per serving: 285 calories; 15 g fat (3 g saturated fat; 10 g monounsaturated fat); 50 mg cholesterol; 500 mg sodium; 10 g carbohydrate; 1.8 g fiber; 27 g protein; 8.2 mg niacin; 0.6 mg vitamin B6; 1.4 mcg vitamin B12; 2.6 mg iron; 31.9 mcg selenium; 5.1 mg zinc.

Courtesy Cattlemen's Beef Board