

Mediterranean Beef Kabobs

Ingredients:

1 1/2 lbs beef, cubed
1 yellow crook neck squash, sliced in rounds
1 zucchini, sliced in rounds
1/2 red onion, sliced in triangles
1 green bell pepper, sliced in 2 inch chunks
1 red bell pepper, sliced in 2 inch chunks
10 fresh mushrooms
cherry tomatoes, optional
juice from 1/2 lemon
1 tsp sugar

Marinade:

1/4 cup olive oil
1/4 cup red wine vinegar
1/2 TBSP dried mint (or 3 TBSP fresh)
1 tsp kosher salt
1/2 tsp garlic powder
1/2 tsp pepper

Directions:

Whisk together the marinade ingredients. Place beef in the marinade. Let sit for 30 mins-6 hours in the refrigerator.

Just before cooking, put the veggies and beef onto skewers. You can make these on the grill or in a pan, whichever is easiest for you. Cook on medium high heat (about 3 minutes on each side) until the veggies are starting to get tender. Squeeze a little bit of lemon juice, sprinkle the sugar over the top, and more fresh mint if desired. Salt and pepper to taste.

Delicious with a bed of rice, roasted potatoes or quinoa.

 *Helping of Happiness*