



Steakhouse Kebabs



1/4th of recipe (1 kebab): 145 calories, 4g total fat (1.5g sat. fat), 329mg sodium, 14g carbs, 1.5g fiber, 2.5g sugars, 14.5g protein

Prep: 15 minutes **Cook:** 20 minutes

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Ingredients

8 oz. (about 5) baby red potatoes, cut into 1-inch pieces (about 10 pieces)
8 oz. raw lean beefsteak filet, cut into 1-inch cubes (about 16 cubes)
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. smoked paprika
8 one-inch onion chunks (about 1/2 of an onion)
8 medium baby bella mushrooms
1/2 tsp. each salt and black pepper

Directions

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need four.)

Place potato pieces in a large microwave-safe bowl with 2 tbsp. water. Cover and microwave for 5 minutes, or until slightly tender. Once cool enough to handle, drain excess water.

Place cubed beef in a large bowl. Add garlic powder, onion powder, and paprika. Toss to coat.

Alternately thread potato, beef, and veggies onto four skewers, tightly packing the pieces together. Lightly spray with nonstick spray, and sprinkle with 1/4 tsp. each salt and pepper.

Flip skewers, and sprinkle with remaining 1/4 tsp. each salt and pepper.

Bring a grill sprayed with nonstick spray to medium-high heat. Grill kebabs for 5 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 4 - 6 minutes, or until potato and beef are cooked through and veggies are tender and slightly blackened.

MAKES 4 SERVINGS

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