



# GRILLED HAWAIIAN BEEF KABOBS

*Recipe adapted from The Slow Roasted Italian*

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## INGREDIENTS

- 1 1/2 pounds beef sirloin tip, cut into 1" pieces
- 1 red pepper, cut into 1" pieces
- 1/2 fresh pineapple, cut into 1" chunks
- 1/4 red onion, cut into 1" pieces
- 1 zucchini, cut into 1/4 - 1/2" thick coins
- extra cooking oil for preparing grill grates
- 6 ounces pineapple juice
- 1/4 cup low sodium soy sauce
- 1/4 cup extra virgin olive oil
- 1/4 cup light brown sugar
- 1/4 cup apple cider vinegar
- 1 tablespoon unsulfured molasses
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic

## DIRECTIONS

1. Soak 12 wood skewers in water for at least 30 minutes.
2. In a medium bowl or resealable container combine marinade ingredients. Whisk until well combined. Reserve 1 cup marinade.
3. Add beef to the remaining marinade in the bowl. Toss to coat. Cover and marinate at room temperature for 30 minutes. If marinating longer be sure to refrigerate.
4. Meanwhile, add reserved 1 cup marinade to a small saucepan and cook on medium-high, stirring occasionally, until reduced by half (you can skip this step but I love the thick coating of sauce on the beef).
5. Prep pineapple and veggies.
6. Preheat grill to high. Layer beef and veggies on skewers. Use 2 skewers about 1/4" apart for each kabob. I start the kabob and end the kabob with beef. But you can do it any way you like. Layer them so the ingredients are touching but not smashed together. Divide the ingredients out over 6 skewers.
7. Wad paper towels into a ball and hold with tongs. Dip into a bowl of cooking oil. Rub a paper towel over the hot grill grates to thoroughly coat them.
8. Grill kabobs for 2 to 3 minutes per side until golden brown and cooked through. Brush with reserved marinade when you place them on the grill and each time you turn the kabobs. Remove from grill and serve.