



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Bourbon-Glazed Beef Kabobs

Glaze

- 2 Tbsp bourbon or water
- 1 Tbsp teriyaki baste and glaze (from 12-oz bottle)
- 1 Tbsp frozen (thawed) orange juice concentrate
- 1/4 Cup packed brown sugar
- Dash of crushed red pepper flakes

Kabobs

- 1/2 Lb beef boneless top sirloin, cut into 1 1/2-inch cubes
- 8 Pieces (1 1/2-inch) red onion
- 8 Fresh whole mushrooms
- 8 Pieces (1 1/2-inch) red bell pepper
- 1 Tsp olive or vegetable oil
- 1/4 Tsp salt

- 1) Heat gas or charcoal grill. In 1-quart saucepan, mix 1 tablespoon of the bourbon, the teriyaki glaze, orange juice concentrate, brown sugar and crushed red pepper. Heat to boiling over medium heat; reduce heat to low. Simmer 5 minutes, stirring occasionally; remove from heat. Stir in remaining 1 tablespoon bourbon. Reserve 2 tablespoons glaze.
- 2) In medium bowl, place beef, onion, mushrooms and bell pepper. Drizzle with oil; toss to coat. Sprinkle with salt; toss to coat. On each of two 10- to 12-inch metal skewers, thread beef, onion, mushrooms and bell pepper alternately, leaving 1/4-inch space between each piece.
- 3) Cover and grill kabobs over medium heat 9 to 11 minutes, turning once and brushing with glaze during last 3 minutes, until beef is desired doneness and vegetables are tender.
- 4) Just before serving, generously brush kabobs with reserved 2 tablespoons glaze.

Makes 2 Servings

