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## ***East-West Beef Kabobs***

- 1 Lb lean boneless sirloin, trimmed of all visible fat
- 3 Tbsp reduced-sodium soy sauce
- 1 Tbsp grated gingerroot
- 1 Tsp Worcestershire sauce
- 1 Tsp dried oregano
- 1/2 Tsp ground cumin
- 1/2 Tsp sesame oil
- 2 Cloves garlic, finely chopped
- 1 Sweet onion, such as Vidalia, cut into 16 pieces
- 1 Medium green bell pepper, seeded and cut into 16 squares
- 12 Cherry tomatoes
- 1/4 Tsp salt

- 1) With sharp knife, cut sirloin into twenty 1-inch cubes; place in medium bowl. In small cup, stir together soy sauce, gingerroot, Worcestershire sauce, oregano, cumin and oil. Stir soy mixture into beef. Cover bowl with plastic wrap; refrigerate at least 2 hours but not more than 24 hours, turning beef occasionally.
- 2) Heat broiler. Spray broiler-pan rack with cooking spray. Alternately thread 5 beef cubes, 4 onion pieces, 4 bell pepper squares, and 3 cherry tomatoes onto each of four 18-inch wooden or metal skewers. Place skewers on broiler pan; sprinkle with salt. Broil 4 inches from the heat 8 to 10 minutes, turning every 2 minutes, until vegetables are tender and beef is cooked through.

Makes 4 Servings

