

Marinated Beef Skewers



Serves 4

3/4c soy sauce

1/2c sesame oil

3T red wine vinegar

3/4t mustard, dry

2t garlic, minced

1 1/2 pounds beef tenderloin, cut into 2" cubes,
can use stew meat but will be less tender

2 medium zucchini, 2" pieces

2 medium onion, large cubes

1 large red bell pepper, 1 12" pieces

8 large mushrooms

Marinade: Whisk soy sauce, sesame oil, red wine vinegar, dry mustard and garlic together. Soak 8 skewers in water for at least 30 minutes.

Thread beef and vegetables alternatively onto 8 ~ 10" wood skewers. Place in a pan large enough to hold them in a single layer and cover with marinade. Marinate in refrigerator at least 2 hours, and up to 4 days.

Broil 4~6" from heat for 4~5 minutes (for medium rare), brushing occasionally with marinade. Turn skewers about half way through cooking.

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The Meijer logo, consisting of the word "meijer" in a bold, red, sans-serif font. The letter "i" has a blue dot above it.

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