

# Marinated Beef Kebabs



Super easy, simple and tasty

Serves 6

12 wooden skewers

2 pounds beef, cut into large cubes

4 garlic cloves, finely minced

1/4c Dijon mustard

1/4c soy sauce

2T honey

2T dry red wine

2 green onions, finely sliced

2 large mangoes, peeled, pitted, large dice

Mix together garlic, Dijon, soy sauce, honey, red wine and garlic. Pour into large zip~lock bag. Add beef cubes. Seal and refrigerate 4 hours.

Soak wooden skewers in water for 30 minutes. Preheat grill to medium~high heat.

Remove meat from marinade, reserving marinade. Thread meat onto skewers, alternating with mango cubes. Liberally brush with marinade.

Spray grill grates with non~stick cooking spray. Place meat on grill and grill 2~3 minutes per side for medium~rare. While meat is cooking, place marinade in saucepan and bring to a boil. Use as a dipping sauce.

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