



## Beef Kabobs

Servings: **6 kabobs**

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### Ingredients

- 1/2 cup salad oil
  - 1/2 cup soy sauce
  - 2 tablespoons apple-cider vinegar
  - 2 small onions, chopped
  - 1 clove garlic, minced
  - 3 tablespoons chopped candied ginger
  - 1/2 teaspoon ground black pepper
  - 1/2 teaspoon dry mustard
  - 3 pounds rump roast or sirloin-tip roast, cut into 2-x-2-x-1/2 -inch pieces
  - 2 large green bell peppers, cut into chunks
  - 1 large sweet onion, cut into chunks
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### Directions

6 kabobs Total Time: 4 hrs 20 mins

1. In a bowl, combine all ingredients except meat and vegetable chunks.
  2. Place meat in a shallow dish. Pour sauce over meat to coat. Cover dish with plastic wrap. Marinate in the refrigerator for 4 hours, or overnight.
  3. Preheat grill to Medium (300 to 350 degrees F). If using wooden skewers, soak in water for 5 to 10 minutes.
  4. Place meat on skewers, alternating with chunks of bell peppers and onions. Brush kabobs with remaining marinade.
  5. Grill kabobs, covered with lid, over direct heat for 10 to 15 minutes per side until desired doneness is reached, turning occasionally and brushing with additional marinade during cooking time. (Do not brush cooked meat with marinade that has come in contact with raw meat. Such marinade should be boiled for at least 1 minute before using on cooked meat.)
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