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RACKS Recipes: Bear

Bear Kabobs

2 1/2 lb. beef, cut in 2-inch squares
12 cherry tomatoes
12 mushrooms
12 sm. onions
2 green peppers, cut in 1-inch squares
12 bacon squares
2 zucchini, cut in slices
Wooden or metal skewers (soak wooden ones for a few hrs in warm water before using them, to prevent burning)

MARINADE:

1/3 c. soy sauce
3/4 c. salad oil
1/8 c. Worcestershire
1 tbsp. dry mustard
2 tsp. salt
1 tsp. parsley
1 1/2 tsp. ground pepper
1 crushed garlic clove
1/4 c. lemon juice

MARINADE: Blend all ingredients together in blender for 1/2 minute. Pour in jar with tight lid. Refrigerate. Use as directed.

SHISH KABOBS: Marinate beef squares in marinade for several hours or all day. To prepare kabobs, arrange meat and vegetables on skewers, brush with marinade and broil over hot coals 15 minutes or until cooked. Turn skewers and brush with marinade during the cooking process.