



Paul's Supermarket
A Fresh Experience!

Beef Shish Kabobs



Rated: ★★★★★

Submitted By: Gerri Layo

Photo By: KRISTON SCOTT

Prep Time: 35 Minutes

Cook Time: 10 Minutes

Ready In: 45 Minutes

Servings: 4

"Bacon-wrapped water chestnuts, pineapple chunks and stew meat are basted with a simple marinade from Gerri Layo of Massena, New York. 'These kabobs can be assembled ahead, so they're ideal for family get-togethers,' she writes. 'They're a delicious alternative to hot dogs and hamburgers.'"

INGREDIENTS:

1 cup soy sauce

1/2 cup red wine vinegar or cider vinegar

1/2 cup water

1/2 cup vegetable oil

1 teaspoon dried oregano

1/2 teaspoon onion powder

1 clove garlic, minced

1 pound beef stew meat, cut into 1 1/2 inch pieces

1 pound sliced bacon, cut in half

1 (8 ounce) can sliced water chestnuts, drained

1 (8 ounce) can pineapple chunks, drained

DIRECTIONS:

1. In a large resealable plastic bag, combine the first seven ingredients; mix well. Remove 1/3 cup for basting; cover and refrigerate. Add beef to bag; seal and turn to coat. Refrigerate overnight.
2. In a skillet over medium heat, partially cook the bacon. Wrap each piece around a water chestnut slice. Drain and discard marinade from beef. On metal or soaked wooden skewers, alternately thread bacon-wrapped water chestnuts, pineapple and beef. Grill, covered, over medium heat for 10-15 minutes or until meat reaches desired doneness, basting frequently with reserved marinade.