

## Grilled Veggie & Beef Kabobs

(Makes 1 serving)

### **Ingredients:**

- 3 ounce beef tenderloin, raw
- ¼ pound onions, red, whole
- ¼ pound mushrooms, raw (any type)
- 1 teaspoon olive oil, extra virgin
- 2 ounce cooking sherry
- 1 teaspoon beef bouillon granules-33% reduced sodium
- ¼ teaspoon black pepper
- ¼ cup rice, brown, uncooked
- ¼ pound strawberries, fresh, whole
- 4 ounce yogurt, 1% fat, fruited

### **Directions:**

- 1) Trim measured amount of beef; cut into 1-inch chunks; place in flat glass pan.
- 2) Cut onion into chunks suitable for skewering; add to pan.
- 3) Clean mushrooms and leave whole; add to pan.
- 4) In a small bowl or mug, blend olive oil and sherry, noting that 2 ounces is about 1/4 cup. Dissolve bouillon granules in about 2 tablespoons hot water; add to oil and sherry with pepper.
- 5) Pour liquid over meat and veggies, toss well to coat. Cover and refrigerate at least one hour; overnight is fine.
- 6) If you are going to serve after marinating one hour, set rice to cook according to package instructions; prepare strawberries.
- 7) After meat has marinated one hour, remove from refrigerator. Start grill or heat broiler. Thread beef, mushrooms and onions onto skewers, repeating.
- 8) Place kabobs on grill or broiler pan and cook, turning frequently and basting with marinade. Total cooking time is 5 to 10 minutes, depending on how you like your meat.
- 9) Serve kabobs over rice, and serve strawberries topped with yogurt on the side for dessert. Note that ¼ pound of strawberries is about 6 to 8 large strawberries.

### **Nutritional Analysis:** (per serving)

- Calories: 585.5
- Total Fat: 14.4 g
- Saturated Fat: 4.1 g
- Calories from Fat: 130.1
- Cholesterol: 60.3 mg
- Sodium: 733.5 mg
- Total Carbohydrate: 74.1 g
- Dietary Fiber: 7.3 g
- Sugars: 30.2 g
- Protein: 31.2 g
- Vitamin A: 81.5 iu
- Vitamin C: 69.3 mg
- Calcium: 178.6 mg
- Iron: 5.1 mg

### **Dieticians Note:**

This recipe serves one, but can be multiplied as necessary to serve others.

### **Source:**

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