

# BBQ BEEF KABOBS

## INGREDIENTS FOR MEAT MARINADE

- 1 C Coconut milk (canned) (unsweetened)
- 1/4 C Tamari **OR** Braggs Liquid Amino Acids
- 2 T Brown sugar (light brown)
- 1 T Lime juice (fresh)
- 6 cloves Garlic (peeled)
- 2 Jalapenos
- 2 Lemongrass stalks ( bottom third only) (remove tough outer layers)
- 11 1/2 Ginger (peeled) (pieces)
- 2 lbs Beef Cubes for Kabobs
- 1 lb Smart Balance margarine (cut into 1" cubes)  
Vegetables (your choice of onions or cherry tomatoes or red, green or yellow peppers)



## DIRECTIONS FOR MARINADE & KABOBS

- 1 Puree all ingredients except meat and fat
- 2 Add meat cubes & fat cubes & marinate in a zip lock bag in the refrigerator overnight
- 3 Soak wooden skewers for 1 hour in cold water
- 4 Remove the meat from marinade & brush off excess marinade
- 5 Thread meat onto skewers, alternating with a dab of fat & a vegetable between the meat cubes
- 6 Save extra marinade to add to basting sauce (recipe below)
- 7 Let the come to room temperature before grilling.

## INGREDIENTS FOR BASTING SAUCE

- 1/2 C Coconut milk (canned) (unsweetened)
- 3 T Tamari **OR** Coconut Aminos
- 1 1/2 T Lime juice (fresh)
- 2 cloves Garlic (peeled) (crushed)

## DIRECTIONS FOR BASTING KABOBS

- 1 Combine all ingredients in a saucepan & add any extra pieces of fat & left over marinade
- 2 Heat slowly until the fat melts slightly & Keep warm
- 3 Heat grill to high **OR** build a hot charcoal fire in your charcoal grill
- 4 Grill skewers, turning once & brush with basting sauce, over high heat
- 5 When they are lightly charred & cooked through with char (about 2-3 minutes per side)
- 6 Then move to edges of grill to continue cooking to desired doneness (5-8 minutes)
- 7 Serve with Scallion Dipping Sauce (recipe below)

## NOTE

Scallion Dipping Sauce is on page 2 below

## SCALLION DIPPING SAUCE

- 15 Scallions (very thinly sliced)
- 1/4 C Tamari **OR** Coconut Aminos
- 3 T Grapeseed oil
- 2 T Rice vinegar
- 2 T Sesame seeds (toasted)

Combine all ingredients

