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4

Beef Shish Kebabs for Freezer Cooking

10 reviews

Made
14
time
s



0

Recipe by: HAC3

"Great way to cook once a month. Yummy on the grill."

ADVERTISEMENT

Ingredients

6 302

Original recipe yields 6 servings

6

Adjust

☐ US ☐ Metric

Nutrition

Amount per serving (6 total)

Calories: 302 kcal 15%
Fat: 14.2 g 22%
Carbs: 24g 8%
Protein: 20.1 g 40%
Cholesterol: 60 mg 20%
Sodium: 787 mg 31%

Based on a 2,000 calorie diet

See full nutrition

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 **TARGET** Target
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These nearby stores have ingredients on sale!

+

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☐

+1 zucchini, cut into chunks

☐

+1 red bell pepper, cut into 1 inch pieces

☐

+1 (15 ounce) can pineapple chunks, drained

☐

+2 tablespoons olive oil

☐

+1/2 cup ketchup

☐

+1 teaspoon salt

☐

+2 tablespoons steak sauce (such as A1®)

☐

+2 tablespoons white sugar

☐

+2 tablespoons apple cider vinegar

☐

+2 tablespoons Worcestershire sauce

☐

+1/4 cup water

TIP! To enhance the flavor of your dish, use *Swanson®* Chicken Broth in place of water

Enhance Any Dish

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+1 1/2 pounds beef sirloin, cut into 1 inch cubes

☐

+12 bamboo skewers

☐

+Add all ingredients to list

Directions

Prep
20 m
Cook
10 m
Ready In
30 m

counter(item)

Place the zucchini, bell pepper, and pineapple in a mixing bowl. Drizzle with olive oil, and toss to coat. Divide the mixture into freezer bags. Whisk the ketchup, salt, steak sauce, sugar, vinegar, Worcestershire sauce, and water together in the same bowl until smooth. Add the beef cubes, and toss until evenly coated. Divide the beef into freezer bags. Seal, and freeze the bags.

counter(item)

To cook: take as many bags as you need from the freezer, and thaw in the refrigerator overnight, or at least 8 hours. Soak the skewers in warm water at least 30 minutes, or place into water when you begin thawing the meat and vegetable packets.

counter(item)

Preheat an outdoor grill for medium heat, and lightly oil the grate. Make the skewers by alternating beef, vegetables, and pineapple on the skewers. Discard any remaining marinade.

counter(item)

Cook the skewers on the preheated grill, turning occasionally until cooked to your desired degree of doneness, about 10 minutes total for medium-rare.

Footnotes

Editor's Note

Use our scaling feature to create the exact number of servings you'll want for the month. This recipe works well for camping trips and picnics as well. Try other meats such as chicken or lamb, and other vegetables of your choice such as mushrooms, onions, or steamed sweet potatoes.

I made it!

Share

Reviews

10



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Most helpful positive review



Jessica

0 204 13

8/9/2011

I made this dish six times for each member of my dinner exchange club. All six said their families loved this. My husband does too. Very easy and do not feel any changes are needed. I bought mea...

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Most helpful critical review



covergirl

21 317 22

6/28/2012

marinade was so so, Vegetables were good raw and unfrozen ist night. After freezing they were just a mushy soft mess. I will not use this method again.

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Reviews: Most helpful



0 204 13

8/8/2011

I made this dish six times for each member of my dinner exchange club. All six said their families loved this. My husband does too. Very easy and do not feel any changes are needed. I bought mea...

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Holiday Baker Allstar

456 5K 2K

5/10/2012

Mmmm, these were SO GOOD! I loved how the beef was juicy, but not oily or herby like other kabob recipes. Instead of freezing them, I just put the vegetables and meat in 2 separate small ziplock...

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3 533 112

6/2/2012

We loved this recipe! So easy to just pull out of the freezer for a busy day! Healthy and flavorful. I do like to make the beef in the marinade and freeze, and then use fresh vegetables with the...

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1 3 86

5/27/2012

This is delicious! The sauce is positively yummy! I left the beef cubes in the sauce for over 24 hours so the flavor was really prominent. I did not freeze anything but did cut the veggies an...

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21 317 22

6/28/2012

marinade was so so, Vegetables were good raw and unfrozen ist night. After freezing they were just a mushy soft mess. I will not use this method again.

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0 92 9

5/24/2012

the best kebab i've ever made.... my husband loves the recipe

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0 793 1

12/29/2012

good idea for the beef,but i waited till ready to make for veggies because they get soggy when thawed from frozen and it only takes a short time to cut them up fresh

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0 340 74

6/12/2012

Great marinade for the steak!

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0 27 1

8/19/2012

Loved the marinade so much that I made it again tonight, omitted the water, and basted pork chops with it. Fabulous!!

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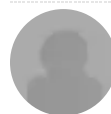
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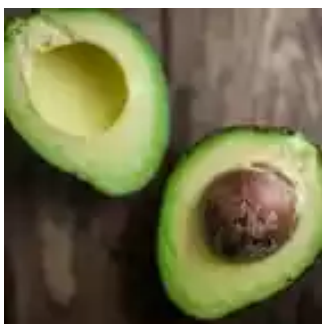
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