

Beef Shish Kebab Recipe

[Suzy Karadsheh](#)

Best steak kabobs

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PREP TIME		COOK TIME	
20 mins		10 mins	
		INACTIVE TIME FOR MARINATING	
		30 mins	
			
COURSE	CUISINE	SERVINGS	CALORIES
Main Course	Mediterranean	10 people	273.7 kcal

EQUIPMENT

- grill
- wooden skewers

INGREDIENTS

- 2 1/2 tsp garlic powder
- 1 1/2 tsp [ground nutmeg](#)
- 1 1/2 tsp [ground green cardamom](#)
- 1 tsp [allspice](#)
- 1 tsp [paprika](#)
- Salt
- Freshly ground black pepper more for later
- 3 lb Top sirloin steak OR beef tenderloin fillet cut into 1 1/2-inch cubes
- 1 large red onion cut into pieces roughly the width of the meat
- 2 green bell peppers cut into pieces roughly the width of the meat
- 2 red bell or orange bell peppers

For the marinade

- 1 large red onion thinly sliced
- 2 lemons juice of
- 1 cup Extra Virgin Olive Oil I used [Private Reserve](#) Greek extra virgin olive oil
- 1 cup dry red wine

INSTRUCTIONS

1. Prepare up to 20 skewers. If using bamboo or wooden skewers, be sure to soak them in water for at least one hour before use.
2. **Mix the spices:** In a bowl, mix together the spices to make a spice rub for the cubed meat.
3. Season the meat cubes with the spices and combine well so that the meat is evenly covered.
4. **Prepare the marinade and add the seasoned meat cubes.** In a large and deep dish, combine the marinade ingredients of red onions, lemon juice, olive oil and red wine. Add the seasoned meat to the marinade, and work the meat into the marinade well with your hands. Cover and refrigerate for at least 30 minutes (preferably 2 to 4 hours or overnight depending on the kind of meat you are using).
5. Remove the meat from the fridge one hour before grilling.
6. Lightly oil the grates of a gas grill and heat for 10 minutes on high.
7. **Thread the meat and vegetables on skewers.** Thread the meat, onions, green peppers and red peppers onto the prepared skewers, alternating until you run out of meat (about 4 pieces of meat per skewer with the vegetables nestled in between as you see in the photos). Season with more freshly ground black pepper. (Do not discard the marinade yet)
8. **Grill.** Place the shish kabobs on the grill. Cook for 8 to 10 minutes, depending on how hot your grill is and how well-cooked you like your meat, turning occasionally. While the kabobs are grilling, paint the meat with some of the marinade a couple of times as you turn the skewers around.
9. **Rest before serving.** Remove from the heat and transfer to a serving platter. Allow 5 minutes for the kabobs to rest before serving. Enjoy!

NOTES

- **Cook's Tip:** If you have the time, allow the meat to marinate in the fridge for 2 to 4 hours or overnight if you're using a tougher cut of meat. I used beef tenderloin which is a tender cut of meat and does not require too much time in the marinate.
- **Visit our [Online Shop](#)** to browse quality Mediterranean ingredients including [olive oils](#) and [spices](#) used in this recipe.

NUTRITION

Calories: 273.7kcal	Carbohydrates: 8.4g	Protein: 31.2g
Fat: 10.6g	Saturated Fat: 3.4g	Potassium: 649mg
Fiber: 2.2g	Sugar: 3.2g	Vitamin A: 931.7IU
Vitamin C: 62.6mg	Calcium: 47.1mg	Iron: 2.7mg



KEYWORD

Beef Kabobs, beef shish kebab, Steak Kabobs

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