

Kabob

Makes 4 Kabobs			
1	100 g 100 g 50 g 10 g	Soy Sauce Honey Sesame Oil Garlic Powder	Combine in a bowl and set aside portion.
2	1 lb	Sirlon Steak	Cut into cubes.
3	1 lb 1 Large	Shrimp Onion	Marinate with the steak for 30 minutes. Place onto skewers. Cook at 375 until beef is 135 internal.

Tumeric Rice

1	90 g	Rice	Wash rice until water is clear. Place into rice cooker and shake to spread out.
2	1 1 Tbsp	Onion core, diced Olive Oil	Saute until browned. Place ontop of rice.
3	6 fl. oz g 1 Tbsp 5 g	Water Tumeric Better than bullion Salt	Mix in a bowl and pour into rice cooker. Adjust water level as neccessary
4	1	Bay Leaf	Add to the rice cooker, and start rice cooker.