

Kabob

Makes 4 Kabobs			
1	75 g 75 g 25 g	Soy Sauce Honey Sesame Oil	Combine in a bowl and set aside portion.
2	1 lb	Sirloin Steak	Cut into cubes.
3	1 lb 1 Large	Shrimp Onion	Marinate with the steak for 30 minutes. Place onto skewers with steak. Cook at 380 until beef is 155 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	Sauté until browned. Place on top of rice.
3	6 fl. oz 5 g 1 Tbsp	Water Turmeric Better than bullion	Mix in a bowl and pour into rice cooker. Adjust water level as necessary. Start the rice cooker.