



All for the Beef

Prep 5 mins

Cook 10 mins

Yields 4 servings

Grilled Hawaiian Beef Kabobs



Shopping List



Beef grilling or marinating steak
Steak sauce
Liquid honey
Frozen orange juice concentrate
Sweet red peppers
Canned pineapple chunks
Chives

Ingredients

1 cup (250 mL) steak sauce
2 tbsp (30 mL) liquid honey
2 tbsp (30 mL) frozen orange juice concentrate, thawed
1 lb (0.45 kg) beef grilling or marinating steak, 1 inch (2.5 cm) thick, cut into 1 inch (2.5 cm) cubes
2 sweet red peppers, seeded and cut into 1 ½ inch (4 cm) chunks
1 can (14 oz/98 mL) pineapple chunks
Chopped chives

Instructions

1. Combine steak sauce, honey and orange juice concentrate in sealable freezer bag. Set aside ½ cup (125 mL).
2. Add meat to bag, seal and toss meat to coat. Refrigerate for 30 minutes. Discard marinade from beef. Alternately, thread beef, red pepper and pineapple chunks onto skewers.
3. Grill kabobs, over medium-high heat, about 5 minutes per side or until medium-rare, basting with reserved marinade near end of cooking. Garnish with chives. Serve skewers with remaining marinade for dipping.



Recipe Card

Grilled Hawaiian Beef Kabobs



Beef kabobs can be a grill option for a gathering – the work can all be done in advance, the grilling is fuss-free and the serving is simple. This recipe makes lots of extra sauce that's nice for dipping.

Good source of iron (23% DV) and excellent source of zinc (60% DV), 23% DV sodium.

Nutrition Facts

per serving

Amount	
Calories	243
Protein	23 g
Fat	5 g
Carbohydrate	27 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/grilled-hawaiian-beef-kabobs/>