

Meats-Poultry-Game

Beef Brochettes with Rice

Ingredients:

3 cloves of garlic peeled
1 3/4 lb choice sirloin, cut into 1 inch cubes
3 red bell peppers, cored and cubed
15 button mushrooms
1 large Vidalia onion, cut into 8 wedges and divided into pieces 2 layers thick
5 vine ripe tomatoes cut into 4 wedges

Rice

3 bags of instant rice
4 cups of water
½ tsp salt

Marinade

½ cup of g/f soy sauce
pinch of black pepper
4 tsp minced garlic
1 cup of orange juice
¼ cup of honey
2 tbs of fresh ginger

Instructions:

Prep time 55 minutes. Grill time 10-15 minutes.

1. Mix marinate ingredients.

Marinate sirloin in one half of marinate for 2 hours in fridge.

2. Marinate veggies in remaining for 2 hours at room temp.
3. Start grill, grill should be hot before cooking.
4. Skewer meat and veggies, alternating veggies and meat.
5. For rice: bring water to a boil; add salt and rice. Return to boil, turn heat to low and simmer for 2 minutes. Remove from heat and drain water leave lid on to keep warm.
6. When grill is ready, place skewers on grill. Cook for 10 minutes. Turn brochettes and alternate placement over fire during this time.
7. When done serve over rice
8. Enjoy Chef Bob!

Serves 7.

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