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Grilled Beef Skewers

Serves 4

Ingredients:

1/4 cup olive oil
1/4 cup apple cider vinegar
1/4 cup lemon juice
1/8 cup rice vinegar
1/8 cup Bragg (or low sodium soy sauce)
1/8 to 1/4 cup molasses
1 tsp pepper
1 1/2 tablespoons dry mustard
2 tablespoons dried parsley (or basil or oregano or thyme)
1 - 1 1/2 pounds of beef tenderloin, cut into 1 inch cubes

Directions:

1. Place all ingredients in ziplock bag, seal and shake to mix marinade with beef.
2. Allow to marinate in fridge for at least 3 hours.
3. When ready to cook, thread beef on prepared skewers.
4. Grill on medium-high to desired doneness. Alternatively, bake at 400 degrees F on wire rack on top of drip tray for 25 to 30 minutes for medium to well done.