

# FLORIDA BEEF AND SWEET PEPPER SKEWERS



Serves:

Prep Time:

Cook Time:

Total Time:

Source:

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## INGREDIENTS

24 ounces Florida beef (tenderloin, sirloin or your favorite cut of beef) cut into 1-inch cubes

2 large Florida bell peppers (your favorite color), cut into 1-inch squares

2 large onions cut into 1-inch squares

1 cup steak sauce (your favorite)

8 bamboo skewers (soaked in water for 1 hour) or metal skewers

cooking oil spray for grilling

Sea salt and fresh ground pepper, to taste

## DIRECTIONS

Make skewers by alternating the beef, peppers, and onions. The skewers can be made with all of the same ingredients or they can vary. Lightly season the completed skewers with salt and pepper. Preheat the grill to medium-high heat. Lightly spray the skewers with the cooking oil spray and carefully add the beef skewers to the grill. Cook to the desired temperature while brushing on the steak sauce. When the desired temperature or doneness has been reached, remove the cooked skewers from the grill. Let the food rest for 3 minutes before serving them warm.