

# Chili-Beef Kebabs

## Ingredients:

- 2 tablespoons canola oil
- 1 tablespoon chopped garlic
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- Dash cayenne pepper
- 2 pounds boneless beef top sirloin, cut into 1-inch pieces (about 24 pieces)
- 8 green onions, cut into 2-inch pieces (about 24 pieces)
- 2 tablespoons fresh parsley, chopped
- 8- 12-inch metal or bamboo skewers (see below))

## Directions:

1. Combine oil, garlic, chili powder, salt and red pepper in a bowl. Add beef and green onions; toss to coat. Marinate for 1 hour.
2. Fifteen minutes before grilling, soak bamboo skewers in water, if using.
3. Prepare a medium heat grill.
4. Alternately thread beef and green onion pieces on skewers. Grill kebabs 10 to 15 minutes, turning occasionally, until desired doneness. Sprinkle with parsley and serve.

**Total Carbs = 0 grams**