

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