

# Mediterranean Beef Kebabs



PREPARATION TIME  
20 minutes



COOKING TIME  
10 minutes



PERFECT PARTNER  
rice pilaf



You can salvage leafy dried herbs that are just past their prime. Revive the taste of herbs, such as thyme, by crushing them between your fingertips just before adding to sauces or marinades.

## SHOPPING LIST

- beef • beef broth
- cumin • bell peppers

## ON HAND

- olive oil • onions • dried thyme
- garlic • salt • paprika
- cayenne pepper

## INGREDIENTS

- 2 pounds lean beef, cubed, 1-inch thick (about 24 cubes)
- 1/4 cup beef broth or red wine
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon cayenne pepper
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried cumin
- 1/2 teaspoon salt
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 2 onions

SERVES 4

## COOK'N Express

• Beef broth is available in 12-ounce cans. Instead of throwing away the unused portion, store in an airtight container or freezer bag in the freezer. Use the broth in next week's stew or as a base for a sauce or marinade.

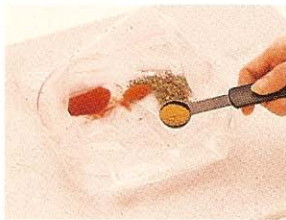
### Make Ahead

Prepare the marinade and the herb coating up to 8 hours in advance. Store in the refrigerator.

### VARIATION

For a true Greek flavor, substitute lamb for the beef and dried Greek oregano for the dried thyme.

**1** Place beef in a shallow dish. Combine broth, olive oil and garlic in a small bowl. Drizzle half the marinade over beef, turning to coat well.



**2** Combine cayenne pepper, paprika, thyme, cumin and salt; add beef, turning to coat well. Cut each bell pepper into 1-inch chunks. Cut onions into quarters.

**3** Preheat grill. Thread beef, bell peppers and onions alternately onto 4 skewers.



**4** Place kebabs on grill; brush with reserved marinade. Grill for 5 minutes on each side or until beef is cooked through.