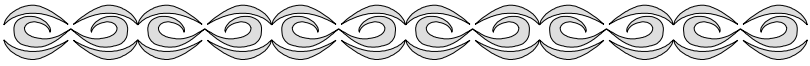


Beef



Teriyaki Beef Kabobs

1 lb top sirloin steak (cut into 1" cubes)
1 onion cubed • 1/2 lb whole mushrooms
1 zucchini, cut into 1" pieces
1 red bell pepper, cut into 1" pieces

~ *Teriyaki Marinade* ~

1/4 cup pineapple juice
1/4 cup soy sauce • 2 Tbs sugar
1/4 tsp garlic powder

Combine the pineapple juice, soy sauce, sugar and garlic, and mix the ingredients well.

Marinate the meat and vegetables in the mixture for at least 1 hour and turn the meat over at least once while marinating.

Place the marinated meat on skewers with the vegetables, alternating items to form a pattern (try not to overcrowd).

Note: Some people like to place the meat and vegetables on the skewers first, then place everything in the marinade already on the skewers.

Cook over a medium fire for 10 to 15 minutes, or until they're done to your liking, turning occasionally to cook all sides.

Makes 3 to 4 servings