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Canadian Beef Kabobs

A maple-y marinade recipe gives these beef kabobs a Canadian Accent - even more so if you substitute whiskey for the orange juice.

Recipe courtesy of Canadian Beef - www.makeitbeef.ca

Makes 4 servings

Prep: 15 min. **Marinate:** 20 min. **Cook:** 8 min.

What you need:

1/4 cup (50 mL)	Cider vinegar
2	Cloves garlic, minced
2 tbsp (30 mL)	EACH maple syrup, chopped green onions, and vegetable oil
1 tbsp (15 mL)	Orange juice or whiskey
1/2 tsp (2mL)	EACH ground cloves, salt and peper
1 lb (0.45 kg)	Beef Top Sirloin Grilling Steak, 1-inch (2.5 cm) thick, cut into 1-inch (2.5 cm) cubes
2	Oranges, peeled and cut into large chunks



How you prepare:

1. **Combine** vinegar, garlic, maple syrup, onions, oil, orange juice, cloves, salt and pepper in large sealable freezer bag. Set aside 2 tbsp (30 mL) for basting.
2. **Trim** beef cubes if necessary. Add to freezer bag; seal and refrigerate for 20 to 30 minutes. Discard marinade. Thread steak and orange chunks alternately onto metal or soaked wooden skewers.
3. **Grill** on lightly oiled grill over medium-high heat, or broil, for 4 to 5 minutes per side or until browned but still pink inside.

Notes:

- **Tip:** Use Beef Grilling Cubes or store-prepared beef kabobs for a time saver.

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Per serving:

Calories: 205

Carbohydrates: 11g

Protein: 25g

Fat: 7g

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