

## Grass-fed Kabob Bites



### Grass-fed Rib eye Kabobs

Our grass-fed rib eyes are full of flavor. So, we thought a kebab would have all the lovely flavor with a bit more meat exposed to the surface area of our grill. You can also use 1 ½- 2 lb. grass-fed top sirloin. You will have a meatier flavor with the top sirloins versus a bit more texture and fat with the rib eyes. Make a party and have each person cooking their kebob. Double recipe for 4 steaks (probably feed 5-6 people).

#### Serves:

2-12 oz. grass-fed rib eye steak serves 3 people for kebobs.



#### Preparation

Cut 2 rib eye steaks into 1-¼-2 inch cubes. (You want them big enough to stay on skewers.) Place cubes in marinade (see below). Put in refrigerator for 45 minutes. Remove beef from refrigerator and let sit on counter for 30 minutes at room temperature. While beef is in the marinade, soak wooden skewers in water.

#### Marinade: Combine in Ziploc bag or glass dish:

- 1/4-cup extra-virgin olive oil
- 1/8 cup white wine
- 1 tablespoon finely chopped fresh oregano or ½ tablespoon dried oregano flakes
- 1 teaspoon coarsely ground black pepper
- 3 large garlic cloves, minced
- 1 1/2 pound grass-fed rib eye steaks (about 2), trimmed and cut into 1 1/4-inch cubes
- 1/2-teaspoon kosher salt

#### Other Ingredients:

- 8-9 wooden skewers or 8-9 skewers
- Mix of vegetables: 2 zucchini (1 inch slices), 9 pearl onions (whole), 2 red peppers (1/2 inch strips), 9 small Dutch gold potatoes (blanched in water for 4 minutes).
- ½ lb. spinach leaves washed

#### Grilling Kabobs and Vegetables

1. Prepare grill to medium-high heat or prepare charcoal grill.
  2. Remove beef kabobs from marinade, dry (making sure garlic is wipe off or it will burn).
  3. Thread beef evenly onto 3 skewers, separating them by ½ inch. Sprinkle with salt, olive oil and pepper. Thread vegetables on remaining skewers (you might need 2 for peppers). Sprinkle vegetables with salt and olive oil.
  4. Lightly oil grill rack and place beef on grill. Grill about 2 minutes a side. Remove and place in foil to rest.
  5. Place vegetables on grill and cook until lightly charred. I would cook about 1 minute a side and put top on grill for 2-4 minutes.
- Arrange kabobs and vegetables over spinach leaves on individual plates.