

CARAMELIZED BEEF SKEWERS

Bariatric, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 2 skewers

Nutrition (per serving)

Calories: 169

Total Carbohydrate: 8

Total Fat: 4 g

Dietary Fiber: 0 g

Saturated Fat: 1.5 g

Protein: 22 g

Sodium: 552 mg

Ingredients

1 pound beef sirloin steak, thinly sliced

¼ cup steak sauce, divided

¼ cup barbeque sauce

1 tsp Dijon mustard

Directions

1. Toss steak with 2 Tbsp. of the steak sauce; let stand 10 minutes to marinate.
2. Meanwhile, combine remaining 2 Tbsp. steak sauce, the barbecue sauce and mustard; set aside.
3. Preheat grill to medium-high heat. Thread steak strips in a zig-zag pattern onto eight long soaked wooden or metal skewers (see tip below).
4. Grill skewers for 6 minutes, or until steak is cooked through, turning after 3 minutes and brushing generously with the barbecue sauce mixture.
5. TIP: If using wooden skewers, soak them in water for 30 minutes before threading on the meat to prevent them from burning on the grill.