



## Beef Shish Kebabs for Freezer Cooking

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



12

CALORIES



139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons apple cider vinegar
- 12 bamboo skewers
- 1.5 pounds beef sirloin cut into 1 inch cubes
- 0.5 cup catsup
- 2 tablespoons olive oil
- 15 ounce pineapple chunks drained canned
- 1 bell pepper red cut into 1 inch pieces
- 1 teaspoon salt

- 2 tablespoons steak sauce (such as A1®)
- 0.3 cup water
- 2 tablespoons sugar white
- 2 tablespoons worcestershire sauce
- 1 zucchini cut into chunks

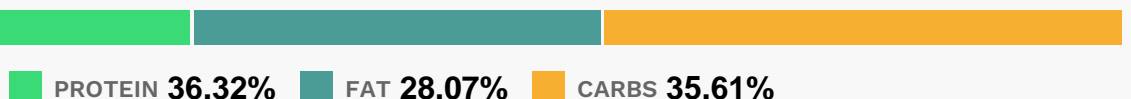
## Equipment

- bowl
- whisk
- mixing bowl
- grill
- skewers

## Directions

- Place the zucchini, bell pepper, and pineapple in a mixing bowl.
- Drizzle with olive oil, and toss to coat. Divide the mixture into freezer bags.
- Whisk the ketchup, salt, steak sauce, sugar, vinegar, Worcestershire sauce, and water together in the same bowl until smooth.
- Add the beef cubes, and toss until evenly coated. Divide the beef into freezer bags. Seal, and freeze the bags.
- To cook: take as many bags as you need from the freezer, and thaw in the refrigerator overnight, or at least 8 hours. Soak the skewers in warm water at least 30 minutes, or place into water when you begin thawing the meat and vegetable packets.
- Preheat an outdoor grill for medium heat, and lightly oil the grate. Make the skewers by alternating beef, vegetables, and pineapple on the skewers. Discard any remaining marinade.
- Cook the skewers on the preheated grill, turning occasionally until cooked to your desired degree of doneness, about 10 minutes total for medium-rare.

## Nutrition Facts



## Properties

Glycemic Index:15.76, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:9.3256521328636%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 139.49kcal (6.97%), Fat: 4.38g (6.74%), Saturated Fat: 1g (6.23%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.59g (4.21%), Sugar: 10.56g (11.74%), Cholesterol: 31.18mg (10.39%), Sodium: 398.02mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.5%), Vitamin C: 19.91mg (24.13%), Selenium: 16.64µg (23.77%), Vitamin B6: 0.46mg (22.9%), Vitamin B3: 4.06mg (20.32%), Zinc: 2.49mg (16.62%), Phosphorus: 131.94mg (13.19%), Vitamin B12: 0.71µg (11.81%), Potassium: 359.87mg (10.28%), Vitamin A: 421.92IU (8.44%), Iron: 1.45mg (8.08%), Vitamin B2: 0.13mg (7.68%), Vitamin B1: 0.1mg (6.86%), Copper: 0.12mg (6.23%), Magnesium: 24.8mg (6.2%), Vitamin E: 0.86mg (5.71%), Folate: 18.41µg (4.6%), Vitamin B5: 0.43mg (4.26%), Fiber: 0.91g (3.66%), Vitamin K: 3.85µg (3.66%), Manganese: 0.07mg (3.5%), Calcium: 25.89mg (2.59%)