

DINNER

Colorful Kebabs

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	20 min	10 min	8	\$3.07	299 kcal

Colorful Kebabs is a main course that serves 8. One portion of this dish contains around 24g of protein, 17g of fat, and a total of 299 calories. For \$3.07 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 2 garlic cloves, minced
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 tablespoons low-sodium soy sauce
- ☐ 1 red bell pepper, cut into 1 1/2-inch pieces
- ☐ 8 tomatillos, halved
- ☐ 1 green onion, sliced
- ☐ 3 tablespoons honey
- ☐ 1 large onion, cut into eighths
- ☐ 2 pounds rib-eye steak, cut into 1 1/2-inch cubes
- ☐ 1 yellow bell pepper, cut into 1 1/2-inch pieces

EQUIPMENT Grill, Ziploc bags, Skewers

Method

- 1

Combine first 5 ingredients in a heavy-duty zip-top plastic bag.
- 2

Add beef to bag; seal. Marinate in refrigerator at least 4 hours; turn bag occasionally.
- 3

Prepare grill.
- 4

Remove beef from bag; discard marinade. Thread meat and vegetable pieces alternately onto each of 8 (10-inch) skewers.

- 5 Place skewers on grill rack coated with cooking spray. Grill 10 minutes or until done; turn frequently.

Nutrition per serving

299	24 g	17 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7.2 g · 45% of daily needs
Fibre			1.6 g · 6% of daily needs
Sugar			10.4 g · 12% of daily needs
Sodium			270 mg · 12% of daily needs
Cholesterol			69.3 mg · 23% of daily needs
Vitamin C			52.3 mg · 63% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/colorful-kebabs-148460