

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Zesty Meaty Kabobs

Inspired by recipe aired on Rick Brown's "Ready, Aim...Grill"

Some kabobs are just plain dull. These are tasty, with a zing that makes your tongue sing. And there's plenty of meat too!

½ lb ground beef

½ lb ground lamb

½ lb ground pork

1 onion, large chopped

1 tsp red pepper flakes, crushed

1 tsp ea cayenne and cumin

1 Tbsp dried Mexican oregano

4 large tomatoes, halved lengthwise

8 small onions

4 bell peppers (any color), halved

2 Tbsp light olive oil, more as needed

salt and freshly ground black pepper

pita bread, naan bread, or large tortillas

½ cup chopped flat-leaf parsley, garnish

Combine everything in the first column in a large mixing bowl. Cover and marinate in the refrigerator overnight. Shape meat into 8-10 pieces, oblong like small chopped steaks. Chill steaklets for 20 minutes to firm.

Preheat a grill to 375-400° F. Spray metal skewers with non-stick spray. Thread meat lengthwise onto skewers. Grill meat over indirect heat for 6 minutes per side for medium. Remove from heat, remove meat from skewers, wrap in foil and place in a warmer (or on warmer rack in grill). Thread vegetables onto skewers, brush them with oil and season. Grill over direct heat, turning once, until veggies get some nice grill marks. If you have a large grill you can cook veggies with the meat; just remember that the veggies will finish first.

Move meat and veggies to serving tray and garnish. Serve with bread or tortillas, and barbeque or hot sauce (if you like).

Yield: Four to six servings

Preparation time: 30 minutes

Marinating time: Overnight

Cooking time: 20 minutes

