

Marinated Beef Shish Kebab

Yield: 12 min
Total Time: 209 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-shish-kebab-recipe>

Ingredients:

- 2 pounds chuck roast cut into bite-sized pieces
- 1 yellow pepper cut into bite size pieces
- 1 red pepper cut into bite sized pieces
- 1 red onion cut into bit sized pieces
- marinade
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup soy sauce
- 1/3 cup white vinegar
- 1/2 cup brown sugar
- 1 tablespoon minced garlic
- 1 teaspoon ground ginger
- 1 lime

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 1150 milligrams
9. Sugar: 7 grams

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