

Beef Shish Kebab

Yield: 8 min
Total Time: 30 min

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

Ingredients:

- 1 teaspoon salt or to taste
- 1 tablespoon brown sugar packed
- 1 teaspoon cumin ground
- 2 teaspoons sweet paprika
- 1/4 teaspoon black pepper ground
- 1/2 teaspoon allspice
- 5 cloves garlic minced
- 2 tablespoons tomato paste
- 1/2 cup olive oil
- 1/2 cup lemon juice
- 3 pounds beef tenderloin or top sirloin, cut into 1-inch cubes
- 1 large green bell pepper cut into 1-inch cubes
- 1 large red bell pepper cut into 1-inch cubes
- 1 yellow bell pepper large, cut into 1-inch cubes
- 1 large red onion cut into 1-inch pieces

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 110 milligrams
4. Fat: 44 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 14 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams

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