

# Beef Shish Kebabs for Freezer Cooking

Yield: 12 min  
Total Time: 30 min

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

## Ingredients:

- 1 zucchini cut into chunks
- 1 red bell pepper cut into 1 inch pieces
- 15 ounces pineapple chunks drained
- 2 tablespoons olive oil
- 1/2 cup ketchup
- 1 teaspoon salt
- 2 tablespoons steak sauce such as A1®
- 2 tablespoons white sugar
- 2 tablespoons apple cider vinegar
- 2 tablespoons worcestershire sauce
- 1/4 cup water
- 1 1/2 pounds beef sirloin cut into 1 inch cubes

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 25 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 400 milligrams
9. Sugar: 9 grams

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