

Beef Kabobs With Rice

Ingredients

1/2 cup instant brown rice

2 cups beef broth

4 ounces top sirloin

3 tablespoons fat-free Italian dressing

1 green pepper, seeded and cut into

4 pieces 4 cherry tomatoes

1 small onion, cut into 4 wedges

4 Fresh Mushrooms

2 wooden skewers, soaked in water for 30 minutes, or metal skewers

Directions: In a saucepan over high heat, combine the rice and broth (1 can mushrooms optional). Bring to a boil. Reduce the heat to low, cover and simmer until the broth is absorbed. Transfer to a small bowl to keep warm. Cut the meat into 4 equal portions. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed. Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. Thread 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes, 2 mushrooms and 2 onion wedges onto each skewer. Place the kebabs on the grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed. Divide the rice onto individual plates. Top with 1 kebab and serve immediately

2 servings @ 6 Points, 8 Points plus

