

# Shish Kebabs

Ingredients:

Use ingredients according to your diet and budget. However, for these shish kebabs, I used:

1 1/2 pounds of chicken

1 1/2 pounds of steak

1 pound of mushrooms (Stems Removed)

½ pound of mixed peppers (Red and Yellow)

1 pound mini tomatoes

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**Step 1:** Wash hands and all ingredients

**Step 2:** Soak skewers (prevents burning skewers)

Step 3: Cut up all ingredients and remove stems off of veggies, (It helps to put prepared ingredients on a separate plate/pan)

**\*\*\*ProbTip!\*\*\***

When cutting the meat, cut into large portions because they shrink significantly on the barbecue\*\*\*

**Step 4:** Grill the shish kebabs on the barbecue until fully cooked, or alternatively, place them on a baking sheet and cook in the oven at 400°F (200°C) for 20-25 minutes, turning halfway through, or until the meat is thoroughly cooked.

**Step 5:** Remove the shish kebabs from the barbecue or oven and let them rest for 5 minutes.

**Step 6:** Serve the kebabs with your favorite side dishes, such as rice, salad, or pita bread, and enjoy!