

# Asian Sesame Kabobs



SERVINGS: 2

PREPPING TIME: 10 MIN  
(PLUS TIME TO MARINADE)

COOKING TIME: 10 MIN

## INGREDIENTS

- 12oz steak tips
- 2 bell peppers, color of choice, cut into squares
- 1 small yellow onion, cut into squares
- 1/2 cup coconut aminos
- 3 tbsp avocado oil
- 1 tbsp sesame oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp ginger, minced (or 1 tsp ground ginger)
- 1 tsp onion powder
- Dash of salt
- Grilling skewers.

## DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Let grilling skewers soak in water for 5 minutes before preparing kabobs.
4. Heat grill to medium heat.
5. Add steak and vegetables to the skewers, alternating between each.
6. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
7. Once removing from the grill pour over remaining marinade.

### NUTRITION INFO

Calories: 481, Carbohydrate: 11 grams, Protein: 38 grams, Fat: 33 grams