

Baked Ziti with Spinach and Goat Cheese

From: Tupperware
Serves: 4-5

Prep Time: 12 minutes
Cook Time: 25 minutes

Instructions

- 1:
Preheat oven to 350F. Cook pasta in Tupperware Microwave Pasta Maker for 12 minutes, or until al dente. Drain and set aside.
- 2:
Place spinach and garlic in base of PowerChef with blade attachment and pull cord until finely chopped. Set aside.
- 3:
Use Grate Master Shredder to grate mozzarella into medium bowl. Add Asiago and combine. Add spinach, pasta, half and half, garlic, seasoning blend, salt and pepper. Fold together until well combined. Pour mixture into round (or 8-inch square) baking dish. Top with goat cheese.
- 4:
Use Quick Chef Pro to crumble goat cheese. Top pasta mixture with goat cheese.
- 5:
Bake uncovered 25-30 minutes or until bubbly. Allow to rest 5 minutes before serving.

Ingredients

- 8ozé225g
Ziti, rigatoni, or penne
- 2 cups
Fresh spinach leaves, packed
- 1 cup
Shredded part-skim mozzarella
- 1/4 cup
Asiago cheese, grated
- 1 1/2 cups
Half and half
- 2 cloves
Garlic, peeled
- 1 teaspoon
Simply Italian Seasoning
- 1 teaspoon
Salt
- 1/2 teaspoon
Black pepper
- 1/2 cup
Goat cheese crumbles



Easy Crockpot Mongolian Beef

From: allrecipes.com

Serves: 4-5

Prep Time: 5 minutes

Cook Time: 25 minutes

Instructions

1:

Use Chop n Prep to mince garlic and ginger. Slice onions using Mandolin. Combine all ingredients except for broccoli into a Tupperware container for freezing.

2:

When you're ready to cook—defrost beef mixture in the refrigerator overnight. Dump all ingredients except broccoli into your Tupperware Microwave Pressure Cooker and microwave for 20 minutes. Allow pressure to fully release (when your orange indicator valve has fully lowered), then add broccoli. Re-seal and return to microwave for an additional 5 minutes.

3:

Serve warm and over rice

Notes

If using a traditional crockpot instead of the Tupperware Pressure Cooker, cook your fully thawed ingredients (except for broccoli) on low for 6-8 hours. Steam or microwave broccoli to cook and then add before serving.

Ingredients

1 pound
Stew meat

2 teaspoons
Olive oil

1
Onion

2 cloves
Garlic, peeled

1/2 cup
Soy sauce

1/2 cup
Water

1/2 cup
Brown sugar

1/2 teaspoon
Fresh ginger

1/2 cup
Hoisin sauce

1 small bag
Frozen broccoli florets



Chicken Parmesan Meatballs

From: Tupperware
Serves: 4-5

Prep Time: 10 minutes
Cook Time: 15 minutes

Instructions

- 1:
Assemble Fusion Master™ with coarse mincer disc and place medium bowl underneath hopper
- 2:
Fill hopper with chicken and turn handle to process. Once there is room in the hopper add garlic and onion, followed by more chicken. Continue processing until all chicken, garlic and onion is processed. Add breadcrumbs, seasoning, egg, and Parmesan to chicken mixture and stir to combine. Form mixture into meatballs.
- 3:
Place meatballs in base of Microwave Pressure Cooker. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
- 4:
Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75° C. Serve warm, topped with Parmesan cheese.
- 3:
Serve over linguine (provided), or as a delicious meatball sub.

Notes

If using a traditional crockpot instead of the Tupperware Pressure Cooker, cook your fully thawed ingredients on low for 4-6 hours. Steam or microwave broccoli to cook and then add before serving.

Ingredients

- 2
Boneless skinless chicken breasts, cut into cubes
- 2 cloves
Garlic, peeled
- 1/2
Onion, peeled & quartered
- 3/4 cup
Breadcrumbs
- 1 tablespoon
Italian Herb Seasoning
- 1
Egg, beaten
- 3 cups
Marinara sauce
- 1 cup
Parmesan cheese



Red Pepper Stuffed Chicken Breasts

From: bsugarmomma.com

Prep Time: 10 minutes

Serves: 4

Cook Time: 30 minutes

Instructions

- 1:
Preheat oven to 350F.
- 2:
Make a slit in the middle of each chicken breast, about 1 inch long. You don't want to make the split too long, to where it will split the breast, just long enough to make a pocket in the middle. Season with salt and pepper.
- 3:
Grate Monterey Jack using Grate Master Shredder. Combine with cream cheese and red pepper in Quick Chef Pro to thoroughly mix and dice red pepper (if desired, add Southwest Chipotle seasoning for added spice). Stuff cheese mixture into chicken breast. Don't overstuff, but get as much in as you can while still able to close the chicken breast. Close off with toothpicks or twine.
- 4:
In separate plates, lay out flour and breadcrumbs, and whisked eggs in shallow bowl or plate. Take each chicken breast and evenly coat with flour first, then egg, then breadcrumbs.
- 5:
Once coated, place large saute pan on stove with medium high heat and drizzle with olive oil. Once oil is ready saute each breast for 3-5 minutes on each side until golden brown and place on sprayed baking sheet.
- 6:
Place inside preheated oven for 20-25 minutes and allow to cool before serving.

Ingredients

- 4
Boneless skinless chicken breasts
- 6 ounces
Cream cheese, softened
- 3/4 cup
Monterey Jack cheese,
- 1
Red bell pepper
- 1 cup
Flour
- 2
Eggs, whisked
- 2 cups
Breadcrumbs
- Olive oil
- Salt & pepper
- Twine or toothpicks



Cranberry Dijon Pork

From: The Virtuous Wife
Serves: 4

Prep Time: 5 minutes
Cook Time: 30 minutes

Instructions

- 1:
Combine all ingredients in a Tupperware container and seal.
- 2:
When ready to serve, thaw overnight in fridge. Pour into Tupperware Microwave Pressure Cooker and microwave for 30 minutes. Or, pour into your crockpot and cook on low for 8-10 hours. No extra liquid is needed.

Notes

I tried this the first time using pork chops instead; they were fully cooked in the Pressure Cooker in 20 minutes instead of 30.

Ingredients

- 1 can
Whole cranberry sauce (not jellied)
- 1 package
Onion soup mix
- 3-4 pound
Pork tenderloin (or roast)
- 2 tablespoons
Dijon mustard



Slow Cooker Teriyaki Chicken

From: gimmesomeoven.com Prep Time: 10 minutes
Serves: 4 Cook Time: 20 minutes

Instructions

- 1:**
Add chicken breasts to the bottom of your Microwave Pressure Cooker.
- 2:**
In a small mixing bowl combine garlic, onion, honey, soy sauce, vinegar, ginger, and black pepper. Pour over chicken.
- 3:**
Seal Pressure Cooker and microwave on high for 20 minutes. Once the pressure is released, remove chicken and pour sauce into a medium saucepan. Use two forks to shred chicken.
- 4:**
In a separate bowl, whisk together water and cornstarch until cornstarch is no longer lumpy. Pour this mixture in with teriyaki sauce and whisk to combine. Bring mixture to a boil on medium-high heat and let boil for 1-2 minutes, until thickened. Remove from heat and pour over shredded chicken. Toss to combine, then serve over rice.

Notes

If using a traditional Slow Cooker instead, cook on high for 4-5 hours.

Ingredients

- 3-4
Boneless skinless chicken breasts
- 2 cloves
Garlic, minced
- 1
Small onion, chopped
- 1/2 cup
Honey
- 1/2 cup
Soy sauce
- 1/4 cup
Rice wine vinegar
- 1 Tablespoon
Fresh ginger, chopped
- 1/8 teaspoon
Black pepper
- 1/4 cup
Cold water
- 3 Tablespoons
Cornstarch



Spinach Lasagna Roll-Ups

From: galonamission.com
Serves: 6-8

Prep Time: 15 minutes
Cook Time: 25 minutes

Instructions

- 1:
Preheat oven to 375F.
- 2:
Prepare your filling by mixing together spinach, ricotta, 1 1/2 cups mozzarella, parmesan, and egg. Set aside.
- 3:
Once the noodles have cooled to the touch, lay the noodles down on parchment or wax paper on a smooth surface.
- 4:
Spread 1/4 cup of the cheese filling evenly along the length of the noodles. Roll the noodles to the opposite end.
- 5:
Pour 1 cup of tomato sauce into the bottom of a 9X13" baking dish. Place the lasagna rolls into the baking dish, and add remaining sauce on top of each roll-up. Place the remaining 1 cup of mozzarella on top. **Bake uncovered for 25 minutes.**

Ingredients

- 1 jar
Pasta sauce
- 12
Lasagna noodles, cooked to package info
- 1 1/2 cups
Fresh spinach, chopped
- 15 ounces
Ricotta cheese
- 2 1/2 cups
Mozzarella, shredded
- 1/2 cup
Parmesan cheese, shredded
- 1
Large egg



Brown Sugar Balsamic Glazed Pork

From: food52.com

Serves: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Instructions

- 1:**
Mix together seasonings, garlic, water, brown sugar, vinegar, and soy sauce.
- 2:**
Place pork chops in the base of Microwave Pressure Cooker and pour sauce on top. Microwave on high for 20 minutes. Meanwhile, preheat oven on broil.
- 3:**
Once pressure is released from the Pressure Cooker, set pork chops aside and pour sauce into a medium saucepan. Add cornstarch and heat over medium heat until sauce thickens, about 4 minutes.
- 4:**
Brush pork chops with glaze (I just dipped them in) and place on aluminum lined baking sheet. Set under broiler for 1-2 minutes until glaze is bubbly and caramelized. Repeat 2-3 times, or until desired thickness is reached. Serve remaining glaze with a side of rice.

Notes

If using a traditional Slow Cooker instead, cook on low for 6-8 hours, then continue on with Step 3 as above.

Ingredients

2 teaspoons
Simply Italian Seasoning Blend

1 teaspoon
Salt

1/2 teaspoon
Black pepper

2 cloves
Garlic, minced

1/2 cup
Water

4
Pork chops

1 cup
Brown sugar

1/2 cup
Balsamic vinegar

4 Tablespoons or 1/4 cup
Soy sauce

2 Tablespoons
Cornstarch



Pepperoni Pasta Bake

From: marthastewart.com

Prep Time: 15 minutes

Serves: 4-5

Cook Time: 35 minutes

Instructions

- 1:
Preheat oven to 400F.
- 2:
In a medium bowl, combine ricotta, zucchini, basil, and egg; season with salt and pepper.
- 3:
Spread 1 cup marinara in a 9-by-13" broiler-proof baking dish. Fill each shell with heaping teaspoon of the ricotta mixture and arrange in an even layer in the dish. Top with remaining 2 cups marinara, then pepperoni and mozzarella.
- 4:
Cover with foil and bake until sauce is bubbling, about 20 minutes. Heat broiler, remove foil, and broil until cheese is browned in spots, about 3 minutes.
- 5:
Garnish with basil (optional) and serve.

Ingredients

- 2 1/2 cups
Part-skim ricotta
- 1 1/4 cups
Zucchini, grated
- 1/3 cup
Fresh basil leaves, chopped
- 1
Large egg, beaten
- 1/2 teaspoon each
Coarse salt and pepper
- 3 cups
Marinara
- 28
Jumbo pasta shells, cooked according to package
- 26 slices
Small pepperoni
- 1/4 cup
Part-skim mozzarella, shredded



Crispy Parmesan Chicken Strips

From: chef-in-training.com

Prep Time: 10 minutes

Serves: 4

Cook Time: 20 minutes

Instructions

- 1:**
In a small bowl mix together salt, pepper, garlic powder, onion powder, and Southwest Chipotle Seasoning.
- 2:**
Combine buttermilk, Frank's Hot Sauce, and 1 Tablespoon of spices. Add chicken tenders and seal bag/container. Make sure chicken is well coated. Refrigerate at least 3 hours or up to 24 hours, or freeze.
- 3:**
Preheat oven to 400F. Line a cookie sheet with parchment paper (note—I skip this part and it's just fine!) and place butter on it. Place in oven until butter is melted.
- 4:**
In a Season-Serve container or Ziploc Bag, mix together flour, breadcrumbs, cornmeal, Parmesan cheese, and remaining spices. **4** at a time, place chicken tenders in this container/bag, seal, and shake until chicken is coated. Repeat until all chicken tenders are coated.
- 3:**
Place chicken on top of melted butter on the cookie sheet. Bake at 400F for 13 minutes, and then carefully flip and bake for another 5-8 minutes. If desired, turn on broiler until chicken reaches your optimal crispness.



Ingredients

- 12 Boneless skinless chicken tenders (at the meal prep party we are using 3 chicken breasts cut into four)
- 1 cup Buttermilk
- 1 Tablespoon Frank's Red Hot Sauce
- 1 1/4 cups Flour
- 1 1/4 cups Breadcrumbs
- 1/4 cup Cornmeal
- 1/4 cup Parmesan cheese
- 4 Tablespoons Butter
- 1 Tablespoon Salt
- 1 teaspoon Pepper
- 2 teaspoons Garlic powder
- 1 1/4 teaspoons Onion powder
- 1/4 teaspoon Southwest Chipotle Seasoning

Bacon-Wrapped BBQ Chicken

From: chef-in-training.com

Prep Time: 10 minutes

Serves: 4

Cook Time: 20 minutes

Instructions

- 1:
Combine BBQ sauce, brown sugar, lemon juice, and chopped apples.
- 2:
Wrap each chicken breast with two slices of bacon and place in Microwave Pressure Cooker.
- 3:
Pour BBQ mixture over chicken and Microwave on High for 20 minutes.

Notes

If using a traditional Slow Cooker instead, cook on low for 6-8 hours.

Ingredients

- 4
Boneless skinless chicken breasts
- 1 cup
BBQ Sauce
- 1/4 cup
Brown Sugar
- 1/8 cup
Lemon juice
- 1
Apple, peeled and chopped
- 8 slices
Bacon



Buffalo Ranch Chicken Bake

From: happygoluckyblog.com Prep Time: 5 minutes
Serves: 4 Cook Time: 40 minutes

Instructions

- 1:
Preheat oven to 375 degrees. Spray pan with non-stick spray and place chicken in the pan.
- 2:
Combine ranch dressing, Greek yogurt, and buffalo sauce in a small bowl. Spread mixture over chicken.
- 3:
In a separate bowl, combine cheese and breadcrumbs. Sprinkle over chicken.
- 4:
Bake for 40 minutes or until chicken is cooked through and top-ping is browned.

Ingredients

- 3-4
Boneless skinless chicken breasts
- 1/2 cup
Ranch dressing (regular or low-fat)
- 1/2 cup
Greek yogurt
- 1/2 cup
Frank's Red Hot Sauce
- 1/3 cup
Breadcrumbs
- 3/4 cup
Cheddar cheese



Savory Italian Chicken

From: thefrugalgirls.com

Serves: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Instructions

- 1:**
In small bowl, mix together Italian Dressing, soy sauce, garlic powder, onion powder, and pepper/
- 2:**
Place chicken in Microwave Pressure Cooker and pour sauce mixture over chicken.
- 3:**
Microwave on high power for 20 minutes.
- 4:**
Once pressure is released from the Pressure Cooker, open and serve!

Notes

If using a traditional Slow Cooker instead, cook on high for 3.5 hours

Ingredients

- 4
Boneless skinless chicken breasts
- 2/3 cup
Italian dressing
- 1/4 cup
Soy sauce
- 1/8 teaspoon
Garlic powder
- 1/8 teaspoon
Onion powder
- 1/4 teaspoon
Black pepper



Double Crunch Honey Garlic Pork Chops

From: rockrecipes.com

Serves: 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Instructions

- 1: Mix together flour, salt, 1 teaspoon black pepper, ginger, nutmeg, thyme, sage, paprika, and cayenne.
- 2: Make an egg wash by whisking together egg and water.
- 3: Dip the pork chops in the flour/spice mix. Then dip each chop in the egg wash and again in the flour/spice mix, pressing the mix into the meat to get good contact.
- 4: **Heat a skillet on the stove with about half an inch of canola or olive oil covering the bottom. You will want to carefully regulate the temperature here so that the chops do not brown too quickly. (Just below medium heat works well. Use a burner setting of about 4-5 and fry them gently for about 5-7 minutes per side until golden brown and crispy.)**
- 5: Drain on a wire rack to a couple minutes before dipping the cooked pork chops into the Honey Garlic sauce. Serve with noodles or rice.

To make Honey Garlic Sauce:

- 1: In a medium saucepan add olive oil and minced garlic. Cook over medium heat to soften garlic but do not let it brown.
- 2: Add honey, soy sauce, and black pepper.
- 3: Simmer together for 5-10 minutes, remove from heat and allow to cool for a few minutes before dipping pork chops. Watch this carefully as it simmers because it can foam up over the top very easily.



Ingredients

- 4 Pork Chops
- 1/2 cup Flour
- 1 teaspoon Salt
- 1 teaspoon Black pepper
- 2 teaspoons Ground ginger
- 1/2 Tablespoon Ground nutmeg
- 1/2 teaspoon Ground thyme
- 1/2 teaspoon Ground sage
- 1 teaspoon Paprika
- 1/4 teaspoon Cayenne pepper
- 1 Egg
- 2 Tablespoons Water
- 2 Tablespoons Olive oil
- 3-4 cloves Minced garlic
- 1 cup Honey
- 1/4 cup Soy sauce
- 1 teaspoon Black pepper

Savoury Crockpot Pork Tenderloin

From: gonnawantseconds.com Prep Time: 10 minutes
Serves: 4-6 Cook Time: 25 minutes

Instructions

- 1:**
Combine all ingredients except for pork, cornstarch, and water in Microwave Pressure Cooker and mix until evenly combined. Add pork and turn to cover on all sides.
- 2:**
Microwave on high for 25-30 minutes in Pressure Cooker.
- 3:**
Remove from microwave and let the pressure decrease, then remove pork and place on serving dish.
- 4:**
To thicken the sauce, combine water and cornstarch in a small bowl until cornstarch is completely dissolved. Pour all the liquid from the Pressure Cooker into a small saucepan. Add the cornstarch mixture and bring to a boil. Boil for 1-2 minutes until mixture thickens. Slice pork and pour the thickened sauce over it and serve.

Notes

If using a traditional Slow Cooker instead, cook on low for 6-8 hours.

Ingredients

- 2 Pork Tenderloins
- 1 cup Chicken Broth
- 1/4 cup Soy sauce
- 1/4 cup Balsamic vinegar
- 3 Tablespoons Honey
- 1 Tablespoon Dijon Mustard
- 2 Tablespoons Olive oil
- 1 Small onion, minced
- 3 cloves Garlic, minced
- 1 teaspoon Dried thyme leaves
- 1/2 teaspoon Black pepper
- 1 Tablespoon Cornstarch
- 3 Tablespoons Cold water



Sweet 'n Sticky Baked Chicken Drumsticks

From: thecomfortofcooking.com Prep Time: 10 minutes
Serves: 4-6 Cook Time: 40 minutes

Instructions

- 1:** Combine balsamic vinegar, honey, brown sugar, soy sauce, and garlic cloves. Add the chicken and marinate for 2 hours (or freeze).
- 2:** Preheat oven to 450F. Line a rimmed baking sheet with aluminum foil. Top with a cooling rack. Remove the chicken from marinade and arrange drumsticks on cooling rack. Bake until the skin is caramelized and dark in spots—about 30 minutes.
- 3:** Meanwhile, place the leftover marinade in a small saucepan, uncovered. Bring the marinade to a boil, then reduce the heat to a simmer and cook over low heat until thick, about 15 minutes. Use a pastry brush to brush the cooked marinade on the chicken. Return to the oven for 10 more minutes. Garnish with chopped parsley and sesame seeds, if desired.
- 4:** Use a pastry brush to brush the cooked marinade on the chicken. Return to the oven for 10 more minutes. Garnish with chopped parsley and sesame seeds, if desired.

Ingredients

- 12 Chicken drumsticks
- 1/2 cup Honey
- 1/2 cup Light brown sugar
- 1/2 cup Balsamic vinegar
- 1/4 cup Soy sauce
- 3 cloves Garlic, minced



Korean Grilled Chicken Breasts

From: skinnytaste.com

Serves: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Instructions

1:

In a medium bowl, combine soy sauce, apple sauce, onion, sesame oil, ginger, garlic, brown sugar, and pepper flakes. Combine with chicken in Season-Serve marinating dish and refrigerate for at least one hour.

2:

Over medium-high heat, grill the chicken for 2-3 minutes or until it no longer sticks to the grill. Turn the chicken, spoon some of the extra marinade over each breast and grill an additional 2-3 minutes.

Ingredients

4

Boneless, skinless chicken breasts

1/4 cup

Soy sauce

1/4 cup

Unsweetened apple sauce

1/4 cup

Finely chopped yellow onion

1 teaspoon

Sesame oil

2 cloves

Garlic, minced

1 teaspoon

Red pepper flakes (optional)

1 teaspoon

Grated ginger

1 Tablespoon

Brown sugar



Four Cheese Stuffed Shells

From: pipandebbycom
Serves: 4

Prep Time: 15 minutes
Cook Time: 35 minutes

Instructions

- 1:
Preheat oven to 350F.
- 2:
In a medium bowl, combine Ricotta, Asiago, 1 cup Mozzarella, 1/2 cup Parmesan, Italian Seasoning, and salt and pepper.
- 3:
Pour 1 cup pasta sauce in the bottom of a 9X13 baking dish.
- 4:
Add a spoonful of cheese mixture to each pasta shell and lay in a single layer in baking dish.
- 5:
Cover stuffed shells with remaining pasta sauce, and then sprinkle remaining mozza and Parmesan on top.
- 6:
Bake uncovered for 35 minutes.

Ingredients

- 20-25
Jumbo pasta shells, cooked to al dente
- 1 jar
Pasta sauce
- 15oz container
Ricotta cheese
- 2 cups
Grated mozzarella, divided
- 3/4 cup
Grated Parmesan, divided
- 1/2 cup
Grated Asiago
- 2 teaspoons
Simply Italian Seasoning Blend
- Salt and pepper to taste



Honey Ginger Dijon Pork Chops

From: rockrecipes.com

Serves: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Instructions

To Make the Glaze:

1:

Simply simmer all the glaze ingredients together over medium low heat for about 10 minutes.

2:

Watch the glaze carefully, you want a gentle simmer or the honey on the glaze will foam up considerably and possibly boil over.

To Grill the Pork:

1:

Season pork chops with salt and pepper and grill lightly for only a couple of minutes per side.

2:

After turning once, begin brushing on the glaze, turning the pork chops every minute for about 5-6 minutes or until they are completely cooked to about 160F a meat thermometer inserted into the center of the chops.

3:

Let the pork chops rest for 5-10 minutes before serving.

Ingredients

4

Pork loin chops, thick cut will work best

For the glaze:

2 Tablespoons

Fresh grated ginger root

1/2 cup

Honey

1/2 teaspoon

Salt

1/2 teaspoon

Black pepper

2 Tablespoons

Dijon mustard



Island Pork Tenderloin

Serves: 4

Prep Time: 10 minutes

Cook Time: 25-30 minutes

Instructions

1:

Stir the spice rub ingredients together in a small bowl and rub all over the pork. Heat oil in Chef Series 12" Non-stick Griddle over medium high heat. Brown pork, turning occasionally, about 4-6 minutes total. Remove from heat, but leave pork in Griddle.

2:

Stir together brown sugar, garlic, and Tabasco in a small bowl. Pat the mixture on top of the pork. Place skillet in the oven at 350F. Roast for 20 minutes. Let pork stand in skillet, loosely covered with foil for 10 minutes.

Ingredients

For spice rub:

2 teaspoons
Salt

1/2 teaspoon
Black pepper

1 teaspoon
Cumin

1 teaspoon
Chili powder

1 teaspoon
Cinnamon

2
Pork tenderloins

2 Tablespoons
Olive oil

For glaze:

3/4 cup
Packed brown sugar

2 Tablespoons
Finely chopped garlic

1 Tablespoon
Tabasco



Mediterranean Beef Skewers

From: paleoleap.com

Serves: 4

Prep Time: 15 minutes

Cook Time: 8 minutes

Instructions

- 1:**
Combine all ingredients except beef. Give everything a good stir, and season to taste.
- 2:**
Add the beef to herb mixture and let marinate for at least 15-20 minutes or up to 24 hours in refrigerator. (Or freeze until ready to serve)
- 3:**
Preheat your grill to medium-high.
- 4:**
Remove the meat from marinade, and slide onto wood or metal skewers. (If using wood, be sure to soak the skewers in water for 30 minutes beforehand. I also like to spray with cooking oil before adding meat.)
- 5:**
Cook on the grill for 6-8 minutes, turning every 2 minutes.
- 6:**
Remove from heat, and let rest 5 minutes before serving.

Notes

Stretch your food dollar by adding veggies to your skewers. I like to alternate the beef cubes with onion & red peppers and cherry/grape tomatoes.



Ingredients

- 2 pounds**
Beef sirloin, cut into cubes
- 3 cloves**
Garlic, minced
- 1 Tablespoon**
Fresh lemon zest
- 1 Tablespoon**
Fresh parsley, minced
- 2 Tablespoons**
Fresh thyme, minced
- 2 Tablespoons**
Fresh rosemary, minced
- 2 Tablespoons**
Fresh oregano, minced
- 4 Tablespoons**
Olive oil
- 2 Tablespoons**
Fresh lemon juice
- Salt and pepper to taste
- Wood or metal skewers