

Sirloin Kabobs - Serves 6

2 lbs boneless Sirloin cut into cubes
2 Green pepper cut into bit sized pieces
12 -16 large mushrooms
8 cherry tomatoes

Seasoned Oil

¼ cup of Olive Oil
½ t paprika
¼ t onion salt
1 clove garlic minced

Preheat grill for 10 min. Put meat and vegetables except tomatoes on skewers
Place on grill and brush with seasoned oil Grill on Medium for 15 min turning several times.
Put tomatoes on for last 2 minutes of grilling

<http://www.lincolntent.com/GFCF-Beef.html>