

MEAT & TOMATOES

Time: 20 minutes plus marinating time

Serves: 4

Ingredients:

- ¼ cup neutral-tasting oil such as grapeseed
- ¼ cup soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 clove garlic - finely chopped or grated
- 1 ½ pounds beef or bison sirloin - cubed to 1 1/2 "
- 16 cocktail tomatoes
- 1 large onion – cut into wedges

Preparation:

Combine the oil, soy sauce, lemon juice, mustard, Worcestershire sauce and garlic to make a marinade.

Place the meat in a zipper seal back and add the marinade. Remove as much air as possible from the back and refrigerate a few hours or overnight.

Preheat a grill on high.

Thread the meat, tomatoes and onions onto skewers.

Grill for three minutes per side or until cooked to your liking.

Rest for a few minutes and serve.

Nutritional Information Per Serving:

- Calories: 298
- Fat: 12g
- Carbs: 8g
- Fibre: 2g
- Protein: 39g