



BODYBUILDING.COM™

Lebanese Beef Kebabs

Ingredients:

1 lb beef tenderloin, cut into cubes
4 tbsp olive oil
2 garlic cloves, minced
2 tbsp lemon juice
1 tsp lemon zest
1 onion, chopped
1 tsp fresh mint
1/2 tsp paprika
1 tsp cumin
1 tsp thyme
1 bay leaf
1/2 tsp cayenne pepper
Fresh parsley, chopped

Directions:

1. In a food processor or blender, puree onion, oil, garlic, lemon juice and zest, mint, paprika, cumin, thyme, bay leaf, and cayenne.
2. In a big Ziploc bag, combine beef cubes with the mixture, coating the beef completely. Marinate in the fridge overnight
3. Drain the marinade in a saucepan, and bring to a boil.
4. Skewer beef cubes and place on hot grill. While turning the beef, brush with boiled marinade.
5. Serve in a bowl with the remaining marinade.