



A Nutrition Resource

# Bison Steak Kabobs

**Yield: 4 Servings | Serving Size: 2.5 Kabobs**

## Ingredients for Kabobs:

- 1 ¾ lbs bison sirloin steak or roast (1 inch pieces)
- 3 bell peppers (red, green & yellow)
- 1 Large red onion diced (1 ¼ inch)
- 1 Tbsp olive oil
- ½ tsp garlic powder
- Salt and pepper to taste
- 10 wooden skewers sticks soaked in water for at least 30 minutes

## Ingredients for Marinade

- ¼ cup extra virgin olive oil
- ¼ cup soy sauce
- 1 ½ tbsp lemon juice
- 1 ½ tbsp red wine vinegar
- 2 ½ tbsp worcestershire sauce
- 1 tbsp honey
- 2 tsp dijon mustard
- 1 tbsp minced garlic
- 1 tsp ground black pepper

## Nutrition Facts

Amount per		
1 serving (11.6 oz)		329 g
<b>Calories</b> 439	<b>From Fat</b> 231	
% Daily Value*		
<b>Total Fat</b> 25.7g		39%
Saturated Fat 9.4g		47%
Trans Fat 0g		
<b>Cholesterol</b> 143mg		48%
<b>Sodium</b> 110mg		5%
<b>Total Carbohydrates</b> 8g		3%
Dietary Fiber 2g		9%
Sugars 4g		
<b>Protein</b> 42g		85%
<b>Vitamin A</b> 7% • <b>Vitamin C</b> 124%		
<b>Calcium</b> 7% • <b>Iron</b> 19%		

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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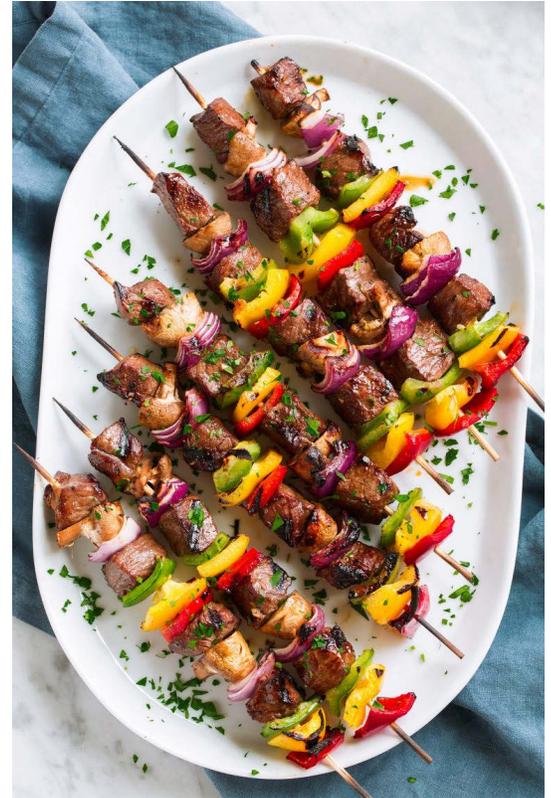
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## Directions

1. Soak skewer sticks in water for 30 minutes.
2. Marinade: Place all ingredients in a bowl and mix well with whisk, set aside.
3. Kabobs: place cubed steak/roast in a gallon resealable storage bag and pour marinade over the meat. Place in fridge and allow to marinate for 3-6 hours or overnight.
4. Once the marinated meat is ready, preheat the oven to 350 degrees Fahrenheit.
5. Slice peppers and onions into 1 inch chunks. Drizzle with olive oil and toss to coat. Sprinkle veggies evenly with garlic powder and season with salt and pepper.
6. Thread steak/roast and veggies on skewer in desired order. Thread the onions in chunks about 2-3 slices for flavor. Try to fit 4 steak/roast pieces onto each kabob.
7. Bake for 15 minutes. Flip skewers and cook for another 10 minutes.
8. Note: For extra flavor marinate the steak and veggies together.



*This photo was gathered from Cooking Classy:  
<https://www.cookingclassy.com/steak-kebabs/>*

*Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.*

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