

Sweet Teriyaki Beef Skewers

Oscar · 29/09/2024



Prep Time

1 day

Difficult

Medium

Servings

1 day 21 mins

Description

A grilled and easy way to prepare a delightful beef appetizer or main meat dish Kids love the tenderness and sweetness as do the adults

Ingredients

- - 1 ½ cups light brown sugar - 1 cup soy sauce - ½ cup pineapple juice (Optional) - ½ cup water - ¼ cup vegetable oil - 3 large garlic cloves
- chopped - 4 pounds boneless round steak
- cut into 1/4-inch slices - bamboo skewers
- soaked in water

Instructions

1. Whisk brown sugar
2. soy sauce
3. pineapple juice
4. water
5. vegetable oil
6. and garlic together in a large bowl; drop beef slices into the mixture and stir to coat. Cover bowl with plastic wrap. Marinate beef in refrigerator for 24 hours. Remove beef from the marinade
7. shaking to remove any excess liquid. Discard marinade. Thread beef slices in a zig-zag onto the skewers. Preheat grill for medium heat and lightly oil the grate. Cook skewers on preheated grill until the beef is cooked through
8. about 3 minutes per side. Recipe Tip These can burn easily with the oil and sugar
9. so watch them closely on the grill. Editor's Note: The nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount consumed will vary.