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## Curried Beef Kabobs

*Adapted from the National Cattlemen's Beef Association*

Quick Meal

Here's a simple yet different way to enjoy sirloin steak, with ingredients you probably have on hand. Green onions are a lower-carb substitute for the more traditional onions typically used on kabobs.

### Ingredients

- 1 tablespoon canola oil
- 1 large clove garlic, pushed through a press
- 2 teaspoons curry powder
- 1/4 teaspoon cayenne pepper (optional)
- 1 pound boneless beef top sirloin steak, cut into 1 1/4" pieces
- 4 green onions, cut into 2" pieces
- Salt

### Directions

1. Combine oil, garlic, curry powder and cayenne pepper (if desired) in a large bowl; add beef and green onions. Alternately thread beef and green onions onto four 12" metal skewers.
2. Place kabobs on grill over medium coals. Grill 8 to 10 minutes, turning occasionally, for medium. Season to taste with salt.

[ IN BRIEF ]

Servings: 2  
 Prep time: 10 minutes  
 Bake/Cook time: 10 minutes

[ NUTRITION PER SERVING ]

**Carbohydrates:** 3 grams  
**Net Carbs:** 2 grams  
**Fiber:** 1 grams  
**Protein:** 44.5 grams  
**Fat:** 37.5 grams  
**Calories:** 537

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