

# Moroccan-Style Beef Kabobs with Spiced Bulgur

\* This recipe is from the beef council and has not been tested  
in the Eat Smart kitchen

## Ingredients

1 pound boneless beef top sirloin steak

### Spiced Bulgur

½ cup uncooked bulgur

½ cup water

1/3 cup golden raisins

¼ cup orange juice

½ tsp pumpkin pie spice (or ¼ tsp ground cinnamon, 1/8 tsp ground ginger,  
1/8 tsp ground nutmeg and a dash or ground cloves)

½ tsp ground cumin

1 clove garlic, minced

¼ tsp salt

2 tbs fresh parsley, chopped

### Marinade

¼ cup molasses

3 tbs orange juice

2 cloves garlic, minced

¼ tsp ground cumin

## Directions

1. Cut steak into 1 ¼ inch pieces.
2. Whisk marinade ingredients together until smooth.
4. Add beef and toss to coat.
5. Cover and marinate in the refrigerator 30 minutes to 2 hours.
6. Combine all ingredients for spiced bulgur in a small saucepan, except fresh parsley.
7. Bring to a boil.
8. Reduce heat, cover and simmer for 15 minutes or until bulgur is tender and water is absorbed. Fluff with a fork and stir in parsley.
9. Remove beef from marinade and thread onto skewers
10. Place kabobs over medium, ash-covered coals.
11. Grill uncovered for 6-8 minutes for medium rare to medium doneness. Turn occasionally.

## Nutrition Information makes 4 servings

### Per Serving

Calories: 303

Fat: 5g

Carbohydrate: 34g

Protein: 29g

Fiber: 4.2g

Sodium: 212mg



[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)

# Eat Smart