Louisiana Harvest of the Month

Taco on a Stick

Home Recipe

Serves: 5
Prep Time: 15 minutes
Marinade Time: 2 hours
Cook Time: 10 minutes

Ingredients

- 5 tsp taco seasoning (about ½ an envelope)
- 1 cup tomato juice
- 2 Tbsp canola oil
- 1 lb. beef top sirloin steak, cut into 1-inch cubes
- 1 medium green pepper, cut into chunks
- 1 medium red bell pepper, cut into chunks
- 1 large onion, cut into wedges
- 15 cherry tomatoes

Nutrition Facts

5 Servings Per Container

Serving Size	**1 Skewer (337g)**
Amount Per Serving	
Calories	**250**
	% Daily Value *
Total Fat 11g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 470mg	**21%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 3g	**11%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3.7mg	20%
Potassium 790mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) In a large shallow dish, combine taco seasoning, tomato juice, and canola oil. Mix well.
2) Reserve ½ cup of the marinade for basting and refrigerate. Add the beef cubes to the remaining marinade and turn to coat. Cover and refrigerate for at least 2 hours.
3) Drain and discard the marinade from the beef. On metal or soaked wooden skewers, alternately thread beef, peppers, onion, and tomatoes.
4) Grill uncovered over medium heat, or broil on high on a rimmed baking sheet, for about 3 minutes per side. Baste with the reserved marinade while turning. Continue grilling and basting until the beef reaches desired doneness, 8 to 10 minutes total.
5) Serve warm.

Adapted from *Taste of Home.*

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