



Healthy Keto with Jim Colbourne

Steak Pepper Kabobs

3g NET Carbs (Low Carb Keto)

No grill...No Problem, just use your oven! No Skewers...Just use a pie pan or glass dish. This is a Delicious Kabob recipe that you will love. Very easy and simple and will all these amazing ingredients it's not lacking flavor. This will be your go to recipe for meat marinade. Enjoy!

***These desserts Must Be Frozen to prevent them from going soft. ***

Ingredients

- 2 lbs Steak cut into 1" Pieces
- 3 Bell Peppers (Color of Choice)
- 1 Red Onion
- ¼ cup Soya Sauce
- ¼ cup Worcestershire Sauce
- 1 Tbsp Apple Cyder Vinegar
- ½ Tbsp Paprika
- ¼ tsp Salt
- ¼ tsp Black Pepper
- 2 Tbsp Garlic Powder
- 1 tsp Oregano
- 2 Tbsp Rosemary
- 2 Tbsp Onion Powder
- 2 Tbsp Parsley
- 2Tbsp Chives

Links of Ingredients can be found in the description of Video

Macros may change depending on Brand of Ingredients

Instructions:

1. Cut Steak, Peppers and Onion into 1"-2" pieces.
2. Start your marinade. Add all ingredients except steak, peppers and onion to a bowl and stir until all ingredients are dissolved.
3. Add Steak, Peppers and onion to bowl and cover. Refrigerate for 4-12hrs.
4. You can use skewers or just place in pie dish or glass dish and bake on 425F for 12-15mins.
5. Enjoy!



Fat 7g / Cholesterol 51mg / Sodium 204mg / Potassium 425mg / Carbohydrates 4g / Fiber 1g / Protein 19g

