

Tri Tip Steak and Veggie Kabobs

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This simple recipe is fun to make with the kids, and it cooks incredibly quick on the grill.



Ingredients (makes up to 10 skewers)

1 lb tri tip steak, cut into bite sized chunks
2 large red bell peppers, cut into 1" pieces
2 large yellow or orange bell peppers, cut into 1" pieces
1 red onion, cut into 1" strips
2 zucchini or summer squashes, cut into 1/2" thick coins
Sea Salt
Vegetable or Olive Oil Spray

8-10 wooden skewers, soaked in water for 20 minutes

Chili Dipping Sauce

1/4 cup sour cream
1/4 cup mayonnaise
3 tbsp chili sauce (i.e. Sriracha)

Directions: Mix all of the ingredients together in a mixing bowl. Add more or less chili sauce as needed. This is a great complement to these kabobs.

- 1) Cut 1 pound of tri tip into 1 inch cubes.** Marinade if you feel inclined, but don't marinate longer than 2 hours (you want to be able to taste the tri tip).
- 2) Cut the vegetables into 1" pieces.**
- 3) Before skewering the food, make sure that you soak the wooden skewers in water for AT LEAST 20 minutes.** This will ensure that the wood will be saturated enough to not catch fire while on the grill.
- 4) Alternate the vegetables with the pieces of tri tip (1 pepper, 1 zucchini, 1 tri tip, 1 onion, etc...). Use all of the food you have cut. Get creative - use more veggies on one and more meat on another.
- 5) Spray the skewers with some vegetable spray (olive oil spray is tastier) and lightly sprinkle some sea salt on one side - don't over season!
- 6) Preheat your grill to 350° (medium low). Cook the skewers for about 5 minutes per side, until the meat is cooked through and the vegetables are slightly charred.
- 7) Serve immediately with some chili dipping sauce on the side.

To see a video of this recipe, head over to our website at:

www.thetritipguy.com/tri-tip-veggie-kabobs