

A Recipe from Yavapai Cowbelle Kitchens  
and the Beef Checkoff®

## HOISIN BBQ STEAK-ON-A-STICK WITH PINEAPPLE SALSA

Total Recipe Time: 25 to 30 minutes

1-1/4 pounds boneless beef top sirloin steak, cut 1 inch thick  
1/3 cup ketchup  
2 tablespoons hoisin sauce  
1/2 teaspoon pepper  
Salt (optional)

### Pineapple Salsa:

1 cup diced fresh pineapple  
1/2 cup diced red bell pepper  
1/2 cup diced hothouse cucumber 2 teaspoons rice vinegar (optional)

1. Combine Pineapple Salsa ingredients in small bowl. Set aside.
2. Combine ketchup and hoisin sauce in another small bowl; set aside. Cut beef steak into 1- inch pieces. Thread beef pieces evenly onto four 10 to 12-inch metal skewers. Season kabobs evenly with pepper.
3. Place kabobs on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Brush beef generously with some of reserved sauce mixture. Broil 7 to 9 minutes for medium rare to medium doneness, turning once and brushing with remaining sauce mixture. Season beef with salt, if desired. Serve kabobs topped with Pineapple Salsa. Makes 4 servings.

### **NUTRITION INFORMATION FOR HOISIN BBQ STEAK-ON-A-STICK**

Nutrition information per serving: 258 calories; 7 g fat (2 g saturated fat; 3 g monounsaturated fat); 62 mg cholesterol; 421 mg sodium; 15 g carbohydrate; 1.3 g fiber; 34 g protein; 10.1 mg niacin; 0.8 mg vitamin B6; 1.8 mcg vitamin B12; 2.5 mg iron; 38.4 mcg selenium; 6.3 mg zinc.

*This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron.*