

BBQ Kabobs - Beef, Chicken or Veggie

Kabobs are excellent and easy ways to cook in the summer (but also in an oven in the winter too). The BBQ flavors in this recipe can come from sauces or dry rubs in any variety of flavors and in different levels of spiciness or sweetness. CFM has a number of vendors who make fantastic BBQ sauces, hot sauces, and dry rubs. Check them out, combine them, experiment. It will be pretty tough to screw it up as long as you don't go overboard!

This recipe features beef, but you can swap it out for chicken, sausage, or take it out entirely if you're looking for a vegetable option or if you're also serving vegetarian/vegan guests. Also consider grilling extras to use in salads for a second meal tomorrow.

INGREDIENTS

1½ to 2 lbs. good quality beef, cut into 1-inch cubes (you can buy it already cut in the market field)
10 bamboo skewers , soaked in cold water for at least 30 minutes (this will stop them from burning)
Assorted vegetables, cut into chunks for skewering
BBQ sauce, BBQ dry rub, or seasoning of your choice

KABOB VEGETABLE IDEAS:

zucchini
onions
patty pan squash
tomatoes
peppers
yellow squash

FOR THE MARINADE:

1 cup olive oil
juice from ½ lemon
1 tsp salt
½ tsp black pepper
2 garlic cloves , chopped
1 tbsp chopped parsley



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DIRECTIONS

Combine all ingredients for the marinade in a bowl. Add beef (or chicken) and stir to coat. Cover and refrigerate for 3-4 hours or overnight. Take out of the fridge 30 minutes before grilling. You can marinate the veggies if you'd like too.

Preheat gas grill to medium-high heat (450°).

Skewer beef and veggies onto wooden skewers. Aim for 3-4 pieces of meat per skewer.

Grill for 10-12 minutes, rotating every 2-3 minutes, until they reach your desired doneness.

Brush meat with BBQ Sauce or sprinkle with dry rub or seasoning.

Grill any other veggies to accompany the skewers (optional).

Serve and enjoy!

Market Shopping List

- BBQ Sauce (June-Oct) - Norm's Best, Skeleton Key BBQ, Mac Brothers (guest vendor, Breton Farms (guest vendor)
- Beef (June-October) - New Boston Beef
- Dry Rubs (June-Oct) - Skeleton Key BBQ, Mac Bros. (guest vendor)
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onions - Early onions from Apis Verdi, Blueberry Hill Organics, then July-Oct from 18th C. Purity, Apis Verdi, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic
- Patty Pan Squash (July) - Blueberry Hill Organics, Colgan
- Peppers - Early peppers from Wayne's Organic and in July-September from 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview
- Seasonings - Hydeville Sugar Shack, Skeleton Key BBQ, Mac Bros (guest vendor), Bayberry Meadow Herbs
- Tomatoes - Early tomatoes Wayne's Organic and August-Oct from Apis Verdi, Blueberry Hill Organics, 18th C. Purity, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview
- Yellow Squash (late June-mid-Oct) - Apis Verdi, Blueberry Hill Organics, 18th C. Purity, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic
- Zucchini (late June-mid-Oct) - Apis Verdi, Blueberry Hill Organics, 18th C. Purity, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic

Salt, pepper - **Highland Park Market of Coventry**