



Beef Sirloin Yakitori

Nichelle Crawford, age 18

Ingredients

1 pound Beef Top-Sirloin
1 cup soy sauce
4 tbsp. dark brown sugar
4 oz. Worcestershire sauce
1 tbsp. cayenne pepper
1 tbsp. cornstarch
¼ sweet onion
1 bell pepper
1 tbsp. olive oil

Directions:

For marinade: Combine soy sauce, brown sugar, Worcestershire sauce, and cayenne pepper.

Reserve ½ cup of marinade for sauce and add cornstarch. Marinate beef for 1 hour in the refrigerator.

Trim sirloin and slice into 1 inch-thick strips.

Slice onion and bell pepper into thin strips.

Remove sirloin from the marinade and grill.

In a skillet, heat the olive oil and sauté onion and bell pepper until soft.

Mix sirloin in with the vegetables and add reserved marinade. Cook for 4-5 minutes.

Serve over brown rice.

Serves 4.

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