

**Product Name: Spicy Beef Kabobs**

**Teacher's Name: Mrs. Brianne Willson**

**School Name: Camden Middle School**

**Grade: 5th Grade**

**Contact Information: Camden Middle School  
32 Union Street,  
Camden, New York 13316  
(315)245-0080**

**Kabob photo from Google Docs Images**

***THE CAMDEN KABOBBERS***

***CAMDEN BLUE DEVILS***



# SPICY BEEF KABOBS



## INGREDIENTS

1 Pound of Cubed Boneless Top Sirloin

6 oz Mushrooms

1 Medium Bell Pepper cut in to 1 inch pieces

1 Red Onion cut in to medium pieces

2 Tbsp Salt

3 Tbsp Pepper

1 Cup of Hot Sauce to marinate in

1 Tomato

Secret Seasoning: 2 Tbsp Olive Oil, 1 Tbsp Chopped Oregano (OR 1 Tsp Dried Oregano) and Paprika to taste

***NEED A MEAL ON THE GO? THESE ARE QUICK TO EAT + EASY TO HOLD!***

These Spicy Beef Kabobs are not only tasty, but they are also extremely delicious. Beef is an excellent source of protein, iron, zinc, selenium, thiamine, riboflavin, niacin, vitamin B6, vitamin B12, and vitamin D in beef. Not only that, but the vegetables on the kabobs provide you with a serving of vegetables.

***OUR SPICY BEEF KABOBS ARE A GREAT CHOICE FOR A HEALTHY LUNCH OR DINNER!***