



Steak-on-a-Stick

Prep: 15 minutes

Grill: 8 minutes • Serves 8

- 8 (10-inch) metal or wooden skewers
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 pounds Rancher's Legend sirloin steak tips

1. If using wooden skewers, soak skewers in water 15 minutes. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, combine seasonings.

2. Evenly divide steak onto skewers; evenly sprinkle with seasoning mixture. Place skewers on hot grill rack; cook 8 to 10 minutes or until internal temperature reaches 135° for medium-rare, turning skewers ¼ turn every 2 minutes. Serve with Coffee-BBQ Sauce and/or Chipotle-Roasted Tomato Dip.

Approximate nutritional values per serving:

167 Calories, 8g Fat (3g Saturated), 68mg Cholesterol, 342mg Sodium, 1g Carbohydrates, 0g Fiber, 23g Protein