



MOROCCAN-STYLE BEEF KABOBS WITH SPICED BULGUR



Total Recipe Time: 40 to 45 minutes
Marinade Time: 30 minutes to 2 hours

**1 pound boneless beef tenderloin steaks, cut
1 inch thick**

Marinade:

1/4 cup molasses
3 tablespoons orange juice
2 cloves garlic, minced
1/4 teaspoon ground cumin

Spiced Bulgur:

1/2 cup uncooked quick-cooking bulgur
1/2 cup water
1/3 cup golden raisins
1/4 cup orange juice
1/2 teaspoon pumpkin pie spice
1/2 teaspoon ground cumin
1 clove garlic, minced
1/4 teaspoon salt
2 tablespoons chopped fresh parsley

1. Cut beef steak into 1-1/4 inch pieces. Whisk marinade ingredients in large bowl until smooth. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Meanwhile prepare Spiced Bulgur. Combine bulgur, water, raisins, orange juice, pumpkin pie spice, cumin, garlic and salt in small saucepan; bring to a boil. Reduce heat to low; cover and simmer 15 minutes or until bulgur is tender and water is absorbed. Fluff with fork; stir in parsley. Keep warm.
3. Soak eight 6-inch bamboo skewers in water 10 minutes; drain. Remove beef from marinade; discard marinade. Thread beef pieces onto skewers, leaving small space between pieces.
4. Place kabobs on grid over medium, ash-covered coals. Grill, uncovered, 6 to 8 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
5. Serve kabobs with Spiced Bulgur.

Makes 4 servings.

Nutrition information per serving: 318 calories; 8 g fat(3 g saturated fat; 3 g monounsaturated fat); 67 mg cholesterol; 209 mg sodium; 34 g carbohydrate; 4.2 g fiber; 28 g protein; 8.2 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.2 mg iron; 31.2 mcg selenium; 5.0 mg zinc.