

RECIPE | PEPPERS

MEAT AND VEGGIE SKEWERS



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Recipe by Chef Benjamin Leblanc-Beaudoin of Iron Kettle Bed & Breakfast.

INGREDIENTS

Beef Skewers

- 8 Pure Flavor® Aurora Bites Mini Sweet Peppers
- 16 Pure Flavor® Sangria Medley Tomatoes
- 8 oz of beef tenderloin, cut into ¼ inch cubes
- 2 tbsp olive oil
- 8-inch wooden skewers

Veggie Skewers

- 1 Pure Flavor® Graffiti Baby Eggplant cut into cubes
- 8 Pure Flavor® Aurora Bites Mini Sweet Peppers
- 16 Pure Flavor® Sangria Medley Tomatoes
- 8 oz of cubed firm tofu
- 2 tbsp olive oil
- 8-inch wooden skewers

DIRECTIONS

1. Preheat BBQ to medium to high heat.
2. Assemble skewers and drizzle with olive oil.
3. Grill for 6 minutes on each side or until golden brown.



TOTAL TIME

20 minutes

PREP TIME

8 minutes

COOK TIME

12 minutes

SERVES

6

COOKING LEVEL

Easy