

## Beef Teriyaki



Serves 4

### Ingredients:

- 1/3 cup soy sauce
- 1/2 cup water
- 2 tbsp brown sugar
- 1 tsp ground ginger
- 1/2 tsp garlic powder
- 500 g top sirloin cut in 1" cubes

### Procedure:

- Mix soy sauce, water, brown sugar, ginger and garlic powder in a shallow bowl.
- Add beef and marinade of 1 to 2 hours in the refrigerator.
- Start the barbecue at this point.
- Drain beef and discard marinade.
- Thread beef on skewers and place on hot grill.
- Close hood and cook for 4 minutes.
- Turn the skewers and cook for another 3 – 6 minutes or until done to your liking.

### Per serving:

- Calories: 139
- Protein: 22 gm
- Carbohydrates: 1 gm
- Fat: 5 gm

You'll find this to be a favorite for barbecuing. If using wooden skewers, soak them in water first to prevent burning. Chicken, pork or shrimp may be substituted for beef.