

Sonoma-Style Beef Skewers

Total Recipe Time: 50 to 65 minutes



- 1 pound** beef top sirloin steak, cut **1 inch** thick
 - 1 pound** Swiss chard
 - 1 tablespoon** extra-virgin olive oil
 - 1** medium onion, chopped
 - 1 teaspoon** minced garlic
 - 1/4 cup** water
 - 1/2 teaspoon** kosher salt
 - 3 cups** cooked whole grain or regular orzo
 - 2 tablespoons** toasted pine nuts (optional)
- Sauce:**
- 4** large plum tomatoes
 - 2 tablespoons** extra-virgin olive oil
 - 3 cloves** garlic, minced
- Seasoning:**
- 1 tablespoon** extra-virgin olive oil
 - 1/2 teaspoon** ground cardamom
 - 1/2 teaspoon** smoked paprika
 - 1/2 teaspoon** freshly ground black pepper

1. Prepare Sauce. Place tomatoes on grid over medium-high coals. Grill, uncovered, 9 to 11 minutes or until skins are completely blackened, turning frequently. Remove and discard skins from tomatoes. Finely chop tomatoes; place in medium bowl. Add remaining sauce ingredients; season with salt, as desired. Set aside.
2. Cut beef steak into 8 equal pieces. Combine Seasoning ingredients in large bowl. Add beef; toss to coat. Soak four 6-inch bamboo skewers in water 10 minutes; drain. Thread 2 beef pieces onto each skewer, leaving small space between pieces.
3. Place skewers on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 9 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Meanwhile, remove and finely chop Swiss chard stems and ribs. Thinly slice chard leaves. Heat oil in large skillet over medium heat until hot. Add onion; cook and stir 4 to 5 minutes or until tender. Add chard stems and leaves in batches, if necessary; cook and stir about 2 minutes or until leaves are wilted. Add garlic; cook and stir about 20 seconds. Add water; cover and cook 3 to 5 minutes or until stems are tender. Season with salt.
5. Combine orzo with chard mixture; divide among 4 bowls. Top each with 1 beef skewer; spoon some sauce on top. Garnish with pine nuts, if desired. Serve with remaining sauce.



Funded in Part by the Beef Checkoff



Makes 4 servings



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