

Cheesesteak Kebabs



Recipe courtesy of Amy Stevenson for Food Network Kitchen
From: Food Network Magazine



These fun kebabs skewer all the flavors of the classic Philly cheesesteak together — including the bun. Strips of seasoned boneless ribeye are skewered with bell peppers, sweet onion and cubes of toasted Italian bread then grilled until the veggies and steak are nice and charred on the edges. It's finished with a quick and creamy cheese sauce and, if you're up for a little heat, a sprinkle of chopped pickled cherry peppers.

Level: Intermediate

Total: 1 hr 15 min

Active: 45 min

Yield: 4 servings

Ingredients:

For the Kebabs:

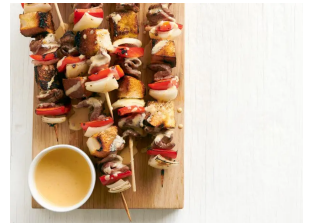
- 2 pounds boneless ribeye steak (about 1 inch thick), trimmed of excess fat
- 1 12- to 14-inch loaf Italian bread
- 6 tablespoons extra-virgin olive oil, plus more for the grill
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons granulated garlic
- Kosher salt and freshly ground pepper
- 2 red bell peppers, cut into 1 1/2-inch chunks (about 24 pieces)
- 1 large sweet onion, cut into 1 1/2-inch chunks (about 24 pieces)

For the Cheese Sauce:

- 3/4 cup shredded mild yellow cheddar cheese
- 1/2 cup shredded American cheese
- 1 teaspoon cornstarch
- 1/2 teaspoon mustard powder
- 1 cup evaporated milk
- 2 ounces cream cheese, cut into cubes
- Chopped pickled hot cherry peppers, for serving

Directions:

- 1** Make the kebabs: Put the steak in the freezer for 30 to 45 minutes to firm up. Meanwhile, soak 8 wooden skewers (10 to 12 inches long) in water for 30 minutes. Preheat the oven to 325 degrees F. Cut the bread into twenty-four 1 1/2-inch cubes. Spread on a baking sheet and bake until crisp but not browned, 4 to 5 minutes. Let cool.
- 2** Thinly slice the partially frozen steaks into 1/4-inch-thick strips. Transfer to a large bowl and drizzle with 2 tablespoons olive oil, the Worcestershire sauce, 1/2 teaspoon each granulated garlic and salt and a few grinds of pepper. Toss well. Toss the bell peppers and onion in another large bowl with 2 tablespoons olive oil, 1/2 teaspoon each granulated garlic and salt and a few grinds of pepper. Toss the toasted bread in a third large bowl with the remaining 2 tablespoons olive oil, and 1/2 teaspoon each granulated garlic and salt and a few grinds of pepper.
- 3** Preheat a grill to medium and oil the grates. Thread the steak, peppers, onion and bread onto the skewers, alternating ingredients. (Fold the steak strips so they are about the same width as the other ingredients.) Grill the kebabs, turning often, until the steak is cooked and the bread and vegetables are charred in spots, 12 to 15 minutes, adjusting the heat as needed. Remove to a platter and let rest while you make the sauce.
- 4** Make the cheese sauce: Toss both cheeses, the cornstarch and mustard powder in a small bowl. Bring the evaporated milk to a simmer in a small saucepan over medium-low heat. Whisk in the cream cheese until smooth. Add the shredded cheese mixture; whisk until smooth and slightly thickened, 1 to 2 minutes (the sauce will thicken as it sits). Transfer to a bowl. Serve the kebabs with the cheese sauce and pickled cherry peppers.



Photograph by David Malosh

Quinoa Bowl with Chicken and Avocado Cream



Recipe courtesy of Food Network Kitchen

Every grain bowl should have a successful balance of crunchiness, creaminess and bold flavor. In this Mexican-inspired bowl, the crunchy tortilla chips and roasted pepitas are nicely complemented by avocado cream and hearty quinoa. Make a big batch of quinoa and keep it frozen in resealable bags for up to 1 month; thaw and reheat as needed. Having an arsenal of the premade stuff in your freezer will help cut down prep time on busy nights.

Level: Easy

Total: 45 min

Prep: 15 min

Cook: 30 min

Yield: 4 grain bowls (about 1 cup quinoa each)

Ingredients:

- 1 1/2 cups red quinoa
- 1 cup fresh cilantro leaves and tender stems, finely chopped, plus 4 sprigs for garnish
- 2 scallions, thinly sliced
- 2 tablespoon olive oil
- Kosher salt
- 1 firm-ripe avocado, halved, pitted and cut into large chunks
- 1/4 cup sour cream
- 3 tablespoons grated Parmesan
- Juice of 1 lime, plus 1 lime, quartered
- Pinch cayenne pepper
- 1 cup frozen fire-roasted corn, thawed
- 2 cups shredded rotisserie chicken meat (from about 1/2 chicken; about 3/4 pound)
- 2 cups tortilla chips, crushed
- 1 cup store-bought or homemade black bean salsa
- 1/4 cup roasted and salted pepitas

Directions:

- 1** Make the quinoa: Bring the quinoa and 2 1/2 cups water to a boil in a large saucepan over medium-high heat. Cover, reduce the heat to medium-low and gently simmer until the quinoa is tender (the little tails will pop out) and most of the water is absorbed, 20 to 25 minutes. Drain off any excess water. Stir in the chopped cilantro, scallions, oil and 1/2 teaspoon salt. Serve warm or at room temperature. (The quinoa can be cooked, cooled and refrigerated, covered, for up to 2 days. Microwave just enough to take the chill off, about 2 minutes, stirring about halfway through.)
- 2** Make the avocado cream: While the quinoa cooks, process or blend the avocado, sour cream, Parmesan, lime juice, 1 tablespoon water, cayenne and 3/4 teaspoon salt in a food processor or blender until smooth and creamy.
- 3** If the corn still has a chill, microwave it for about 1 minute.
- 4** Build the bowls: Divide the quinoa evenly among 4 bowls. Top each with neat piles and/or rows of chicken, tortilla chips, corn, salsa and pepitas. Top with some sauce, a sprig of cilantro and a lime quarter.



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Best Grilled Pork Tenderloin Recipe

This is the best Grilled Pork Tenderloin Recipe! It's a quick 30-minute summer dinner the whole family will love. Use a simple, tasty spice rub to make a juicy tenderloin that pairs well with almost any side dish.

This recipe is easy to double for a crowd!



★★★★★
5 from 16 votes

Prep Time	Cook Time	Total Time
35 mins	20 mins	1 hr

Course: Dinner, Main Course Cuisine: American

Keyword: grill pork tenderloin, pork tenderloin, quick pork dinners Servings: 4 servings

Calories: 647kcal Author: [Tara Teaspoon](#)

Ingredients

- 1 1-pound pork tenderloin silverskin removed
- ½ teaspoon garlic powder
- ½ teaspoon ground coriander
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 teaspoon light brown sugar
- 1 teaspoon olive oil
- 1 teaspoon chopped fresh rosemary
- 3 ounces goat cheese sliced
- 2 tablespoons honey

Instructions

1. Remove silverskin from pork tenderloin by releasing the end and pulling the silverskin up while running the knife underneath. You'll remove 3 to 4 strips of silverskin.
2. Combine garlic powder, ground coriander, salt, ground pepper, and brown sugar. Rub all over tenderloin and let sit for 30 minutes at room temperature.
3. Drizzle tenderloin with olive oil and grill over medium-high heat (about 375°F), turning occasionally, until internal temperature at its thickest point is **130°F**, 18 to 20 minutes.
4. Remove tenderloin from grill and allow meat to rest 5 to 10 minutes (internal temperature will continue to rise to **145°F**). The tenderloin will be crisp on the outside and juicy, pink on the inside. Slice and place on a platter.
5. Top tenderloin with goat cheese and chopped rosemary, then drizzle with honey.

Notes

Food safety: To be safe to eat, grilled pork tenderloin should have an internal temperature between **140°F and 145°F**.

Nutrition

Calories: 647kcal | Carbohydrates: 10g | Protein: 98g | Fat: 22g | Saturated Fat: 9g | Cholesterol: 305mg | Sodium: 897mg | Potassium: 1782mg | Sugar: 10g | Vitamin A: 220IU | Vitamin C: 1mg | Calcium: 57mg | Iron: 5mg

TaraTeaspoon.com Best Grilled Pork Tenderloin Recipe from <https://tarateaspoon.com/grill-pork-tenderloin-with-easy-rub/>

Scan the QR code to check for any recipe updates, read tips and info, or leave a 5 star rating!



Black Bean Turkey Burgers

This black bean turkey burger recipe makes mouth-watering turkey burgers that even the beef lovers in my family can't pass up! Try it with spinach leaves in place of the lettuce on the bun and goat cheese as a topping—they're delish!

Submitted by **jachandl** |

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Servings: 6

Ingredients

- 1 pound ground turkey
- 1 cup black beans, rinsed and slightly crushed
- $\frac{3}{4}$ cup grated Parmesan cheese
- $\frac{1}{2}$ cup Japanese-style bread crumbs (panko)
- 1 egg
- 1 (1 ounce) package dry onion soup mix

Directions

Step 1

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Step 2

Combine ground turkey, black beans, Parmesan cheese, bread crumbs, egg, and onion soup mix in a large bowl with your hands. Divide into 6 portions; shape into patties.

Step 3

Cook on the preheated grill until no longer pink in centers, 5 to 6 minutes per side. An instant-read thermometer inserted into centers should read at least 165 degrees F (75 degrees C).

Nutrition Facts

Per serving: 238 calories; total fat 10g; saturated fat 4g; cholesterol 96mg; sodium 817mg; total carbohydrate 16g; dietary fiber 3g; total sugars 0g; protein 24g; vitamin c 2mg; calcium 153mg; iron 2mg; potassium 295mg

Carolina Red Rice with Shrimp and Bacon

Yields: 6 servings

Ingredients

6 slices bacon
1/2 cup chopped yellow onion
1/2 cup chopped green bell pepper
1/2 cup chopped celery
2 cloves garlic, minced
2 cups Fresh Tomato Sauce
1 1/2 cups Carolina Gold or basmati rice
1 1/4 cups chicken broth, divided
1 tablespoon chopped fresh thyme
2 teaspoons hot sauce
3/4 teaspoon salt
1/4 teaspoon ground black pepper
2 bay leaves
1 pound medium fresh shrimp, peeled and deveined
1 cup chopped seeded tomato
Garnish: fresh thyme, chopped fresh parsley
Lemon wedges, to serve

Instructions

1. In a medium cast-iron Dutch oven, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon from pan; let drain on paper towels. Increase heat to medium-high; add onion, bell pepper, and celery. Cook, stirring occasionally, until lightly browned, approximately 4 minutes. Add garlic; cook 1 minute.
2. Add 2 cups Fresh Tomato Sauce, rice, 1 cup broth, thyme, hot sauce, salt, pepper, and bay leaves to pan; bring to a boil. Cover, and reduce heat to medium-low. Simmer until rice is almost tender, approximately 20 minutes.
3. Gently stir in shrimp, tomato, and remaining 1/4 cup broth, if needed. Cover, and cook until shrimp are pink and firm, approximately 5 minutes. Remove bay leaves, and discard. Crumble

bacon, and sprinkle over shrimp mixture. Garnish with thyme and parsley, if desired. Serve with lemon wedges.

Recipe by Taste of the South at <https://tasteofthesouthmagazine.com/carolina-red-rice-shrimp-bacon/>