



## SUMMER BEEF KABOBS

MAKES 12 KABOBS AT \$.83/EACH

*Buying meat that's good for you, sustainably raised, and humane for the animal can be a stretch for some home budgets. Eating less meat, but choosing higher-quality is one option, but also cutting in rice, bread, or other grains is a good trick.*

- 1 lb. ground local beef (\$6.99 lb)
- ½ onion, grated
- ½ tsp. each ground herbs: coriander, cumin, oregano
- 2 pieces of bread
- 1½ tsp. salt
- 1 tsp. cider vinegar
- 1 tsp. olive oil

In a bowl combine the ingredients and mix very well. [If you have a food processor start with the onion and pulse until finely minced, add bread (pulse), beef (pulse), then remaining ingredients. Continue to process until the mixture forms a consistent tacky texture.] Refrigerate the mixture for 1–24 hours to allow the flavors to blend. An hour before grilling, soak 12 wooden skewers in water. Remove the meat mixture from the fridge and form a long, slender meatball on one half of each stick. Grill kabobs over medium-high heat until done. Serve with homemade pita or summer salads.

*edible* OHIO VALLEY®