



## Steak-on-a-Stick

**Prep: 15 minutes plus soaking**  
**Grill: 8 minutes • Serves: 8**

- 16 (6-inch) wooden skewers
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- 2 pounds sirloin steak tips

- 1.** Soak skewers in water 15 minutes. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, combine seasonings.
- 2.** Evenly divide steak onto skewers; evenly sprinkle with seasoning mixture. Place skewers on hot grill rack; cook 8 to 10 minutes or until internal temperature reaches 135° for medium-rare, turning skewers ¼ turn every 2 minutes. Serve with Coffee-BBQ Sauce and/or Chipotle-Roasted Tomato Dip.

*Approximate nutritional values per serving:*

*167 Calories, 8g Fat (3g Saturated), 68mg Cholesterol,  
342mg Sodium, 1g Carbohydrates, 0g Fiber, 23g Protein*