

Stickless Shish-Kabobs

- 2½-3 pounds beef roast
- 4 large bell peppers, various colors
- 4 small zucchini (or 2 large), various colors
- 1 large onion
- 1 pound large white mushrooms
- * Marinade
- 1½ cups zesty Italian dressing
- ½ cup soy sauce



Cut the beef into bite-size pieces. Combine with Italian dressing and soy sauce and marinate overnight in the fridge, or at least an hour on the countertop.

Chop all vegetables into bite-size pieces, except the onion, which should be cut into quarters. Arrange onion and mushroom in a roasting pan. Combine meat and marinade with remaining vegetables and pour into roasting pan.

Bake at 450° -- or place under the broiler -- and toss every 4-5 minutes until the meat is browned and a test piece is done all the way through.