

# Garlic-Mustard Grilled Beef Skewers

Servings : 6

| Amount | Measure     | Ingredient - Preparation Method  |
|--------|-------------|----------------------------------|
|        |             | glaze                            |
| 1/4    | cup         | whole grain mustard              |
| 2      | tablespoons | dijon mustard                    |
| 4      | cloves      | garlic - finely chopped          |
| 2      | tablespoons | white wine vinegar               |
| 1      | tablespoon  | low-sodium soy sauce             |
| 1      | tablespoon  | honey                            |
| 1      | tablespoon  | rosemary leaves - finely chopped |
| 2      | teaspoons   | spanish paprika                  |
| 1/4    | teaspoon    | kosher salt                      |
| 1/4    | teaspoon    | freshly ground black pepper      |
|        |             | skewers                          |
| 2      | pounds      | beef tenderloin                  |
| 12     |             | 6 inch wooden skewers            |

Whisk together all glaze ingredients in a small bowl. Let sit at room temp for 30 minutes to 4 hours.

Cut tenderloin lengthwise in half, then cut the halves lengthwise in half again. Slice cross-wise to make 24 pieces. Skewer 2 pieces of beef onto each skewer, keeping them together at one end of skewer. Place skewers in a baking dish or sheet and pour half the glaze over them, turning to coat.

Grill the meat, turning once and brushing with remaining glaze, for 4-6 minutes until golden brown, slightly charred, and cooked to medium rare. Transfer to cutting board and let rest 5 minutes.

Serve.