

## Shelby's Skewers

Why I love this recipe? I buy meat in bulk. And you have to cycle through meat even if it's frozen. This is a fast, simple recipe that is incredibly yummy and is a great way to eat good basic, wholesome food. It also helps me use meat that I have prepped with.

Shhh! No one needs to know when a collapse happens how good meals will be at Shelby's!



---

2-3 large boneless chicken breasts cut into bite sized pieces  
4 green, red or yellow peppers cut into bite sized pieces  
Teriyaki sauce  
Asian orange sauce  
Bamboo skewers

Load up your skewers with peppers and chicken. Drizzle or marinate skewers in teriyaki sauce for at least 30 minutes, or overnight in the fridge.

Before grilling mix one part teriyaki sauce with one part orange sauce and baste skewers. Grill 'em on medium heat until chicken is thoroughly cooked. Brush one or two times during grill process with teriyaki/orange sauce blend.

Serve and enjoy!