



Makes 8 kabobs + 6½ cups beans
Preparation Time: 45 minutes
Cook Time: 1 hours

INGREDIENTS:

2 cups 2-inch broccoli florets

3 medium shallots

8 oz. fresh button mushrooms, halved

1 medium zucchini, halved lengthwise and cut into 1-inch slices

1 medium red bell pepper, cut into 1½- to 2-inch pieces

1¼ cups low-sodium vegetable broth

6 tablespoons balsamic vinegar

3 teaspoons chopped fresh thyme or 1 teaspoon dried thyme

2 teaspoons Dijon mustard

8 10- to 12-inch skewers (see tip, recipe intro)

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

2 medium cooking apples, cored and cut into ½-inch-thick slices

3 15-oz. cans no-salt-added pinto beans (4½ cups)

3 tablespoons molasses

2 tablespoons no-salt-added tomato paste

1½ teaspoons paprika

Vegetable Kabobs with BBQ Beans

A tangy balsamic-thyme marinade adds both brightness and depth to these smoky vegetable kabobs, featuring **broccoli**, **mushrooms**, zucchini, bell peppers, and shallots. The kebabs make a great appetizer or side dish on their own; for a full meal, pair them with our sweet-and-savory barbecue pinto beans. (Together, they pack 21 grams of fiber and 19 grams of protein per serving!) Slow-simmered with grilled apples, molasses, balsamic vinegar, and tomato paste, the beans deliver a rich umami flavor that perfectly complements the veggies.

Tips

Skewers: If you are using bamboo skewers, soak them in enough water to cover for at least 30 minutes before adding the vegetables so the skewers don't burn on the grill. If you're using metal skewers, you don't need to soak them!

For more inspiration, check out these tasty ideas:

- [Grilled Tofu Kabobs with Rhubarb-Balsamic Glaze and Quinoa Pilaf](#)
- [Grilled Veggie and Tofu Skewers with Peanut Sauce](#)
- [Veggie Fajita Kabobs](#)
- [Spicy Jerk Mushroom Kabobs with Mango Salsa](#)

By Laura Marzen, RD, LD

- 1 In a medium saucepan cook broccoli in enough boiling water to cover 2 minutes; drain. Rinse with cold water to cool quickly; drain well. Transfer to a large bowl.
- 2 Trim shallots. Cut two of the shallots into quarters; add to bowl with broccoli. Cut the remaining shallot in half.
- 3 Add mushrooms, zucchini, and bell pepper to bowl with broccoli and quartered shallots. In a medium bowl whisk together ¾ cup of the broth, 3 tablespoons of the vinegar, 2 teaspoons of the fresh thyme (or ½ teaspoon of the dried thyme), and the mustard. Pour over vegetables; stir gently to coat. Cover and marinate in the refrigerator at least 1 hour or up to 4 hours.
- 4 Thread marinated vegetables onto skewers, leaving ¼ inch between pieces. Reserve marinade. Sprinkle vegetables with ½ teaspoon of the salt and ¼ teaspoon of the black pepper.
- 5 For BBQ Beans, grill apple slices and shallot halves, covered, over medium heat 4 to 6 minutes or until tender, flipping halfway through grilling. Transfer to a cutting board. If you like, cut peel off apple slices. Chop apples and shallot.
- 6 In a medium saucepan combine chopped apples and shallot, beans, molasses, tomato paste, paprika, ¼ cup of the remaining broth, and the remaining 3 tablespoons vinegar, 1 teaspoon fresh thyme (or ½ teaspoon dried thyme), ½ teaspoon salt, and ¼ teaspoon black pepper. Bring to boiling, stirring frequently; reduce heat. Cover and simmer 10 to 15 minutes to blend

flavors, stirring occasionally and adding up to ¼ cup of the remaining broth as needed for desired consistency.

- 7 Meanwhile, grill vegetable kabobs, covered, over medium heat 8 to 10 minutes or until vegetables are crisp-tender and lightly browned, turning occasionally and brushing with some of the reserved marinade. Serve kabobs with beans.