

Kafta (Lebanese Beef Kebabs)

Yield: 22 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mejadra-recipe-lebanese>

Ingredients:

- 8 ounces ground beef chuck
- 2 tablespoons chopped parsley finely
- 2 tablespoons sun dried tomatoes finely chopped
- 2 tablespoons aleppo pepper
- 1/4 teaspoon ground allspice
- 3/4 teaspoon dried mint
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1/2 yellow onion medium, grated, drained in a strainer
- kosher salt
- ground black pepper

Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 50 milligrams

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