

Kibbeh (Lamb and Bulgur Wheat Croquettes)

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-kibbeh-recipe>

Ingredients:

- 1 pound ground lamb
- 1 warm water
- 1 1/4 cups bulgur wheat
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 small yellow onion minced
- freshly ground black pepper to taste
- 2 tablespoons olive oil
- 3 cloves garlic minced
- 1 large yellow onion minced
- 8 ounces ground chuck
- 2 teaspoons ground cinnamon
- 2 teaspoons ground allspice
- kosher salt
- freshly ground black pepper
- 1/3 cup toasted pine nuts lightly
- canola oil for frying

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 70 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 10 grams

8. Sodium: 520 milligrams

9. Sugar: 1 grams

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